

## WR Sports PE THROWING AND CATCHING CHALLENGES

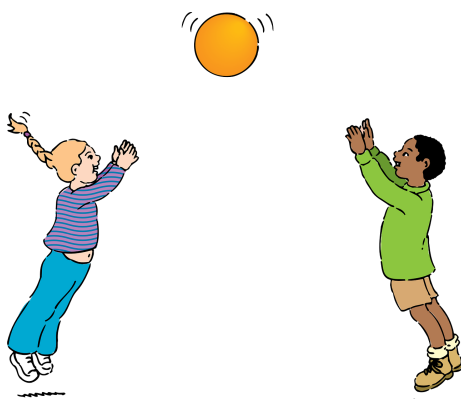
	1st Try	2nd Try	3rd Try
Wall Catch			
Catching with a partner			
Throw, Clap, Catch			
Across the room/ Garden			
Bottle hit			
Bowling			
Team Wall Catch			
Up the Stairs			
Ambush			

Be careful of items around the house, and get your parents permission before any mini challenges are set up!

You can use a piece of paper as a ball or if you have a tennis ball or similar use that!

Some of these games require a partner!

Remember, its not just bottles you can use as targets! Loo roll tubes will work too! Get creative!



**1. Wall Catch** – Throw your ball against a wall in/outside your house trying to catch it as many times as you can in 1 minute!

**2. Catching with a partner** – With this one you and someone else need to stand 5 big steps away from each other, you have 1 minute to try and get as many catches as you can!

**3. Throw, Clap, Catch** – Toss and throw the ball into the air, clap as many times as you can and catch it again. Record your highest number of claps!

**4. Across the Room/Garden** – Working with someone else again, one of you needs to stand in one corner of the room/garden and the other person in another corner. 1 minute to see how many times you catch it between you two.

**5. Bottle Hit** – Place an empty bottle in the middle of a clear area and take 5 big steps away from it. Aim is to try and hit the bottle in as few throws as possible!

**6. Bowling** – Set up as many bottles as you can find in your house, put them close together. You will have 5 throws at the bottles, and you'll add your score up each round to have a final number which you can put in the table! Make sure you stand 7 large steps away!

**7. Team Wall Catch** – Working with someone, one of you will be the thrower and one of you will be the catcher. One person will face the wall and the thrower will stand behind them. They will throw the paper against the wall and the catcher must catch it. Go for 1 minute see how many you get!

**8. Up the Stairs** – Stand the bottom of the stairs, pick a step and put a bottle on a step. Aim of the game is to try and get your paper to hit the bottle on the step Count how many goes it takes!

**10. Ambush** – Go out of the room and ask your Parent or guardian to place bottles standing up across the floor. Run in (to an agreed midpoint) and try to knock over as many bottles as you can in just 20 seconds! Make sure you return to the same spot each time to throw from!