Health & Wellbeing Challenge

Throwing and catching games

Throwing and catching are important skills in P.E. in developing hand-eye coordination, improving fine and gross motor skills and are needed in a wide range of sports. Have a go at these games/activities to improve these skills.

Bucket toss golf *(You will need: bean bags/rolled socks/or foam balls; buckets or boxes; spots or cardboard circles for the tee.)*

Have fun setting up a miniature golf course! Be creative- you might want to make it a crazy golf course with obstacles! Set out a tee and a bucket for each hole – aim for about 5 holes on the course. Start at the first tee and see how many throws it takes for you to get the ball into the hole. Record your score. Move to the next hole and repeat. **The aim is to complete the golf course with as few throws as possible.**

Go long! *(You will need: a ball/rolled socks)*

The goal is to make the distance between players wider and throw and catch the ball without dropping it. Start about a metre apart and throw the ball back and forth once. If you manage to complete this without dropping the ball, both players take a step back. Repeat. Each time you successfully throw and catch, take another step back. Keep track of how many steps you take away from each other and try to improve your score! As you travel further apart, how do your throws change?

Monster ball *(a large ball, lots of smaller balls/rolled up socks/foam balls. A large 'monster' ball is placed in the middle of the playing area (outside.)*

The goal of the game is to throw balls at the monster ball, forcing it to move towards the other side of the court. If there are 2 or more of you – got to opposite sides of the court and try to get it to your opponent's side! The smaller balls can be retrieved by players at any time – but whilst doing this, they cannot block shots or touch the monster ball! When the monster ball reaches the other side, score one point and reset it in the centre.