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SCARF TOSS/CATCH	
 	1 HAND TOSS 1 HAND CATCH 
 	1 HAND TOSS TOUCH OPPOSITE SHOULDER CATCH 
 	TOSS TOUCH GROUND CATCH 
 	1 HAND TOSS TOUCH OPPOSITE FOOT CATCH 
 	TOSS TURN AROUND CATCH 
 	RAINBOW TOSS ACROSS BODY 

SUPER CHALLENGES

DAB





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<p>1</p>  <p>TAP UP IN AIR USE FINGER TIPS</p> <p>30 Times</p>	<p>2</p>  <p>TAP UP IN AIR 1 HAND TO THE OTHER</p> <p>30 Times</p>
<p>3</p>  <p>LET BALLOON FLOAT LOW TAP UP FROM LOW POINT</p> <p>20 Times</p>	<p>4</p>  <p>JUMP UP HIGH TAP BALLOON UP IN THE AIR</p> <p>20 Times</p>
<p>5</p>  <p>VOLLEY BALLOON USE BUMPS AND SETS</p> <p>30 Times</p>	<p>6</p>  <p>HOLD BALLOON PULL STEM DOWN JUMP UP AND CATCH</p> <p>15 Times</p>

SUPER CHALLENGES

DAB



Throwing & Catching Take 10 Home Challenge

Find a suitable space inside (or outside) of your house. Have one beanbag ready (or homemade alternative). Choose your challenge colour and give it a try!



x10 Throw & Catches
(clap before catch)
No Drops



x15 Throw & Catches
No Drops



x10 Throw & Catches
No Drops



x5 Throw & Catches
No Drops



x5 Throw & Catches
No Drops

Easier - Continue from same number after a drop

Harder - One handed catches

Throwing Accuracy Catch the Cup Home Challenge

Find a suitable space inside (or outside) of your house. Have some ping pong balls ready (or homemade alternative). Set up 10 cups (mugs/glasses/anything in your cupboard) into a triangle or any shape of your choosing (see examples below). Sit/kneel or stand any distance you choose and try to throw your ball into the cups. Capture a cup if you land your ball into it. How many cups can you get in 5 minutes?



9-10 Cups



7-8 Cups



5-6 Cups



3-4 Cups



1-2 Cups

Alternate - Use your weaker hand/Try to bounce the balls in if using ping pong balls.

Sevens Ball Game

You will need a ball.

Practise your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.



7

Throw the ball up in the air, let it bounce once and catch it.

Complete 7 times.



6

Throw the ball up in the air and catch it, without a bounce.

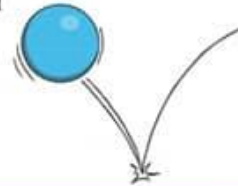
Complete 6 times.



5

Bounce the ball on the ground five times and catch it.

Complete 5 times.



4

Throw the ball up in the air, clap once and catch it.

Complete 4 times.



3

Throw the ball under one leg, up in the air and catch it.

Complete 3 times.



2

Throw the ball up in the air, do a 360° turn, let the ball bounce once and catch it.

Complete twice.



1

Throw the ball up in the air, do a 360° turn and catch it, without a bounce.

Complete once.

