

# Physical Education

## Throwing and Catching Challenge Grid 2

Go Setter 1—4

5 throws

Challenger 1—8

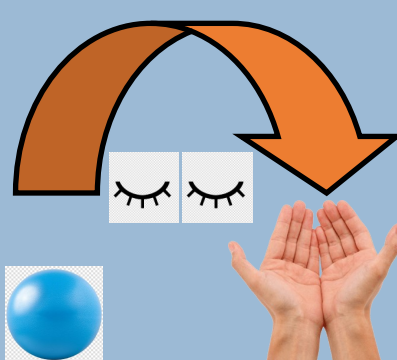
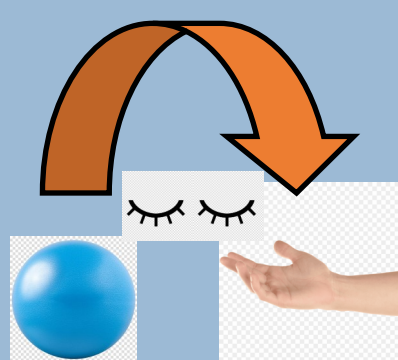
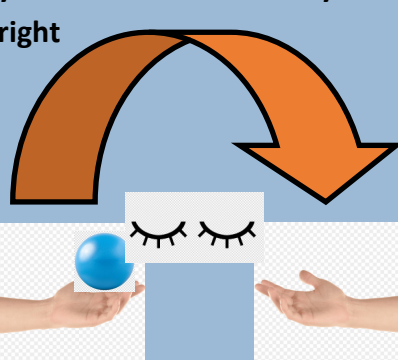
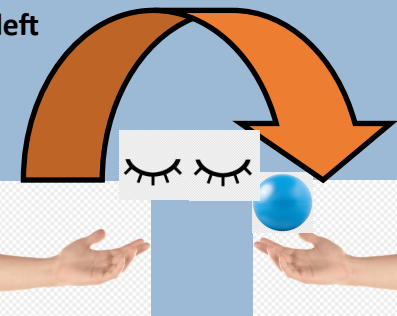
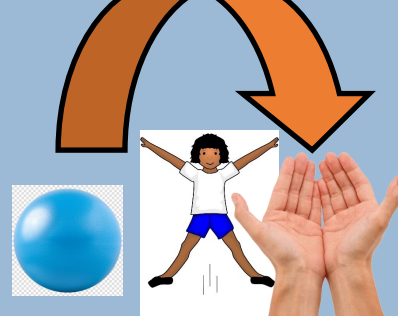
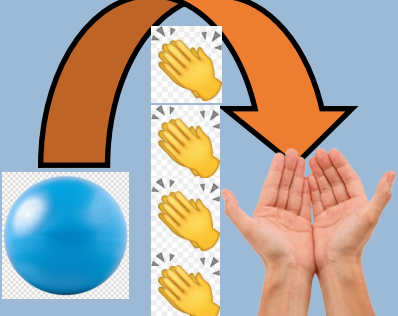


10 throws

Super Challenger 1—9

15 throws

Super Challenger

Can you teach someone else?

<p><b>1. <u>Eyes Closed!</u> Throw and catch with 2 hands</b></p> 	<p><b>2. <u>Eyes Closed!</u> Throw and catch with 1 hand</b></p> 	<p><b>3. <u>Eyes Closed!</u> Throw with your left and catch with your right</b></p> 
<p><b>4. <u>Eyes Closed!</u> Throw with your right and catch with your left</b></p> 	<p><b>5. Throw, star jump then catch</b></p> 	<p><b>6. Throw, clap four times then catch</b></p> 
<p><b>7. Throw, turn around then catch</b></p> 	<p><b>8. Throw, spin around then catch</b></p> 	<p><b>9. Create your own challenge</b></p> 