

Physical Education

Throwing and Catching Challenge Grid 2

Go Setter 1—4

10 throws

Challenger 1—8

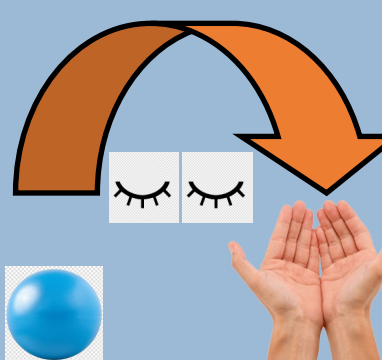
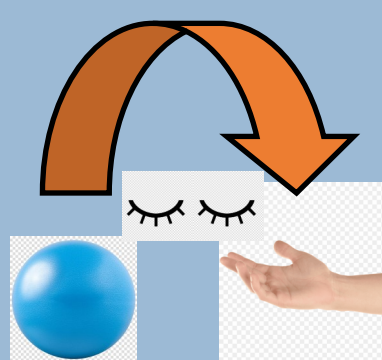
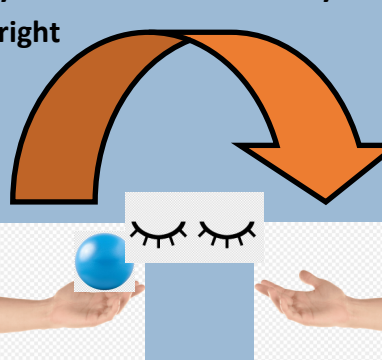
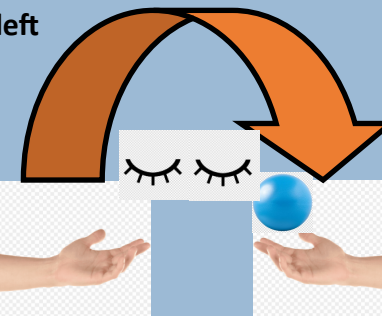
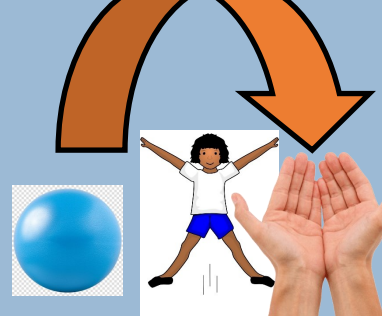
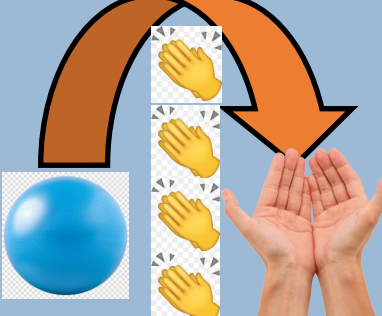


15 throws

Super Challenger 1—9

20+ throws

Super Challenger

Can you teach someone else?

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