

# Physical Education

## Throwing and Catching Challenge Grid 2

Go Setter 1-4

5 throws

Challenger 1-8

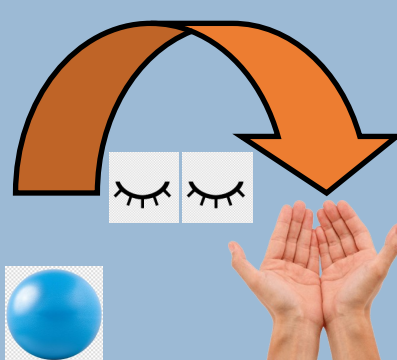
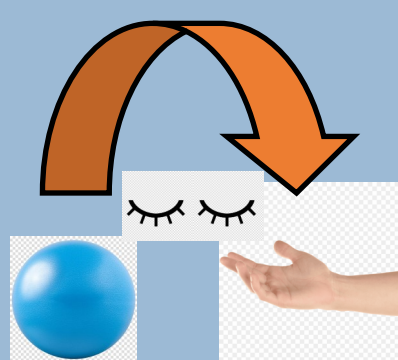
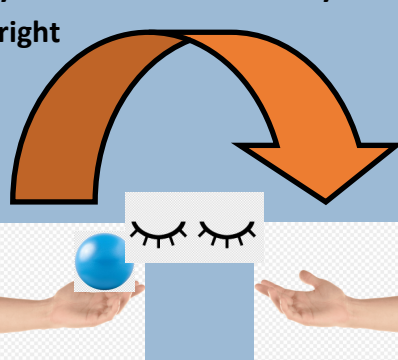
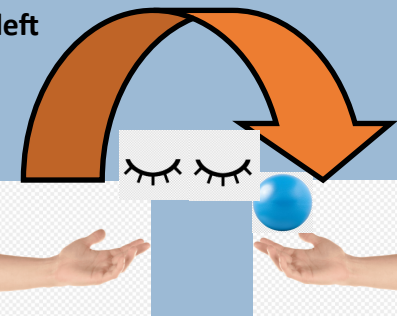
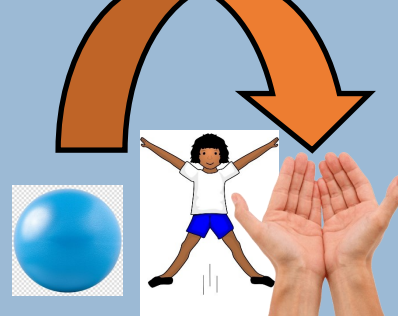
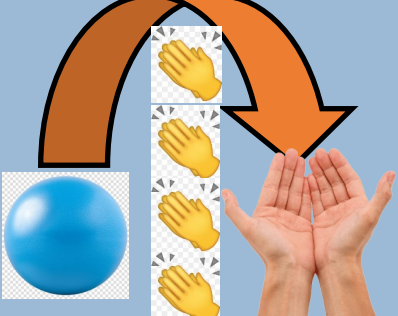



8 throws

Super Challenger 1-9

10 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>    |