

# Physical Education

## Throwing and Catching Challenge Grid 3

Go Setter 1-4

5 throws

Challenger 1-8

8 throws

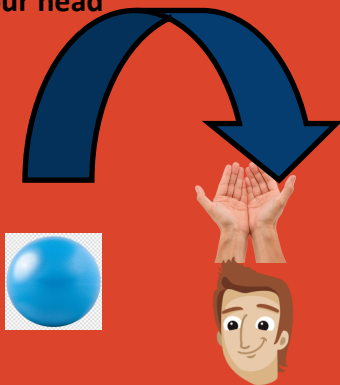
Super Challenger 1-9

10 throws

Super Challenger

Can you teach someone else?

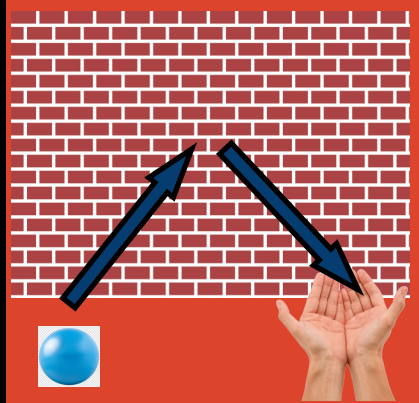
1. Throw and catch above your head



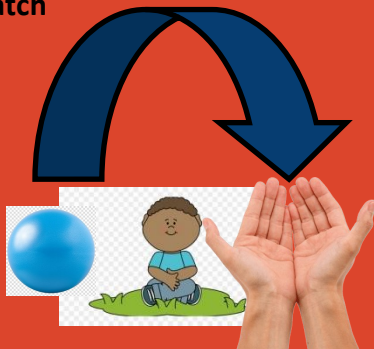
2. Throw and catch below your knees



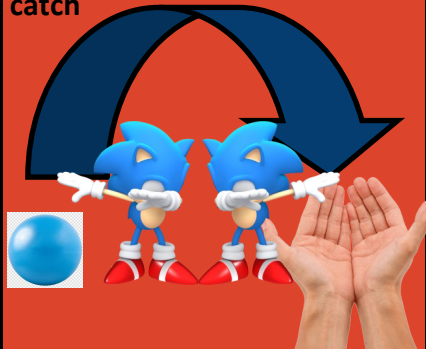
3. Throw at a wall and catch



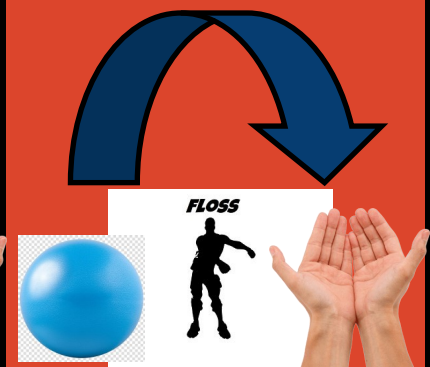
4. Throw, sit down then catch



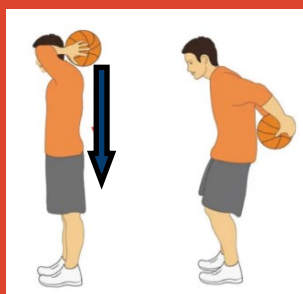
5. Throw, double dab then catch



6. Throw, floss then catch



7. Drop and catch behind your back



8. Throw, squat then catch



9. Throw and catch behind your back

