

Physical Education

Throwing and Catching Challenge Grid 3

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. Throw and catch above your head</p>	<p>2. Throw and catch below your knees</p>	<p>3. Throw at a wall and catch</p>
<p>4. Throw, sit down then catch</p>	<p>5. Throw, double dab then catch</p>	<p>6. Throw, floss then catch</p>
<p>7. Drop and catch behind your back</p>	<p>8. Throw, squat then catch</p>	<p>9. Throw and catch behind your back</p>