

Sports Day Challenge Week 4



Another throwing challenge this week -but catching the ball as well.

Any small ball will do (preferably not a small rugby shaped ball as it won't bounce properly) but a tennis ball is best. This challenge can be completed inside or outside.

Stand facing a wall. It does not matter how far away from the wall you stand, as long as the person or people you are challenging all stand at the same marker. You are going to get 30 seconds to throw the ball underarm against the wall with one hand and catch it with the other hand and see how many throws and catches you get. If you drop the ball, run and pick it up and start again from zero. For example, you start by throwing with right hand and catching in left hand. That is 1 point. Then immediately throw with left hand and catch with right. That is another point. And repeat. The person with the most points at the end of 30 seconds is the winner. Try a "best of 3."

If you are finding it tricky throwing and catching with one hand, it is fine to use both your hands to throw and catch, or even throw with one hand and catch with two.

Keep score on a piece of paper.

Good luck!

