

PE HOME LEARNING CHALLENGE CARD

Challenge 4: Catch and clap



Brief

This challenge tests your throwing and catching skills.

Your challenge is to see how many times you can throw a ball in the air, clap once, then catch it in 60 seconds!

If you don't have a ball, you could use a rolled up pair of socks instead.

Why not have a competition with your family members and see who can do the most!

Rules

- ♦ 60 second time limit.
- ♦ If you drop the ball, pick it up and continue the count
- ♦ The ball must be thrown above your head.

Extra challenge: If you are starting to find it easy, increase the number of claps to 2 or 3.

Bronze - Complete 10 or more catch and claps in one minute

Silver - Complete 20 or more catch and claps in one minute

Gold - Complete 30 or more catch and claps in one minute.