

Primary at home challenges

GAMES 1: Using a small ball or rolled up sock. Throw underarm. Do each challenge at least 10 times.

1. Throw and catch to yourself using 2 hands.
2. Throw and catch to yourself using R hand and then L hand.
3. Throw and clap, then catch. How many claps can you do before you catch?
4. Throw and touch the floor with your hand, then catch.
5. Throw and turn around, then catch.
6. Can you think of another challenge?

GOOD LUCK!

Can you challenge
a family member?

