

# BALL ACTIVITIES

Choose a colour and complete the activities. Repeat the activities for 10 minutes, 3 times a week.

|   |   |  |   |  |
|---|---|--|---|--|
| Underarm throw and a two handed catch (30 seconds)                          | Right-arm throw and a right-hand catch (30 seconds)                               | Left-arm throw and a left-hand catch (30 seconds)                                | Left-arm throw and a right-hand catch (30 seconds)  | Right-arm throw and a left-hand catch (30 seconds)   |
| Underarm throw, touch the ground and a two-handed catch                     | Underarm throw, 180-degree turn and a two-handed catch                            | Pass the ball/ beanbag around your - waist, knees and ankles                     | Partner catches: complete 5-10 catches in a row   | With a partner complete 5-10 catches with a curved flight path   |
| Underarm throwing into a hoop   | Underarm throwing to knock down an object   | Underarm throw, clap hands in front and a two-handed catch                       | Underarm throw, clap hands behind and a two-handed catch  | Underarm throwing to a partner over varying distances  |
| Partner catches: Do as many catches as you can in 30seconds                 | Underarm throw at a target on the wall  | Underarm throw to hit and move an object   | Bounce and catch the ball as many times as you can in 30seconds   | Create your own throwing and catching game   |
| Using a large ball (basketball):<br>Perform a Pat Bounce<br>Using Two hands | Using a large ball (basketball):<br>Perform a Pat Bounce<br>Using your Right hand | Using a large ball (basketball):<br>Perform a Pat Bounce<br>Using your Left hand | Using a large ball (basketball):<br>Perform a Pat Bounce<br>Alternate hands<br>Left, Right, Left, Right | Using a large ball (basketball):<br>Perform a Pat Bounce<br>And change the speed of your bounce - big and slow, small and fast |