



PE Lesson:

GAMES: BLAST OFF

Play with a partner, standing 3 - 5 steps apart

- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0
- Can each pair reach 0 without dropping the ball?

If competing against another pair the first pair to reach 0 are the winners



Can you concentrate on your throw and focus on where to aim?

Can you encourage your partner even if they make a mistake?

Top Tips!

Catching

Are your hands ready creating a target?

Spread your fingers and watch the ball into your hands.

Lets Reflect

If you dropped the ball what did you change?

How did it feel when you dropped the ball and how did you respond?