



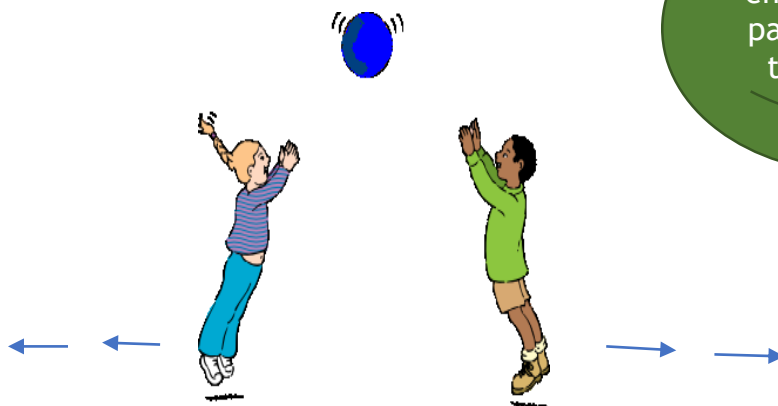
PE Lesson:

GAMES: TOP TEN

With a partner, start by standing 3 steps apart

- Throw a ball to each other
- Challenge yourself to make 10 catches
Each time you make 10 catches take a step back
- How many times can you throw the ball without dropping it?

How far back do you get?



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

How did you change your throwing technique as the distance increased?

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