

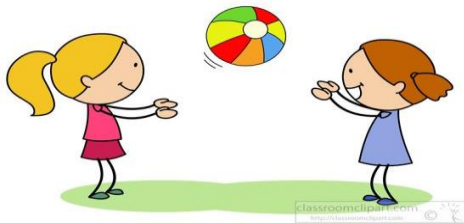


## JB's Holiday Activities

### KS 1 Throwing and Catching

Name .....

Class.....



## How much can you remember about throwing and catching?

Q1) What shape should your hands be in to catch a ball?

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Q2) What should you always be looking at when catching?

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Q3) Which body part do you use to help you aim when throwing?

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Q4) Underarm is one throwing technique we practised, what is the other?

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Can you try the following?

- 1) Can you throw and catch a ball 10 times on your own?
- 2) Can you throw and catch a ball 10 times with a partner?
- 3) Can you throw a ball underarm into a target from 5 steps away?
- 4) Can you throw a ball underarm into the same target from 10 steps away?
- 5) How far can you throw a ball using the overarm technique? Count your distance in steps.

..... steps

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My ..... helped me try these challenges in the holiday.

Adult Signature .....

Can you colour in this boy throwing a ball?

