

TRY IT TUESDAY

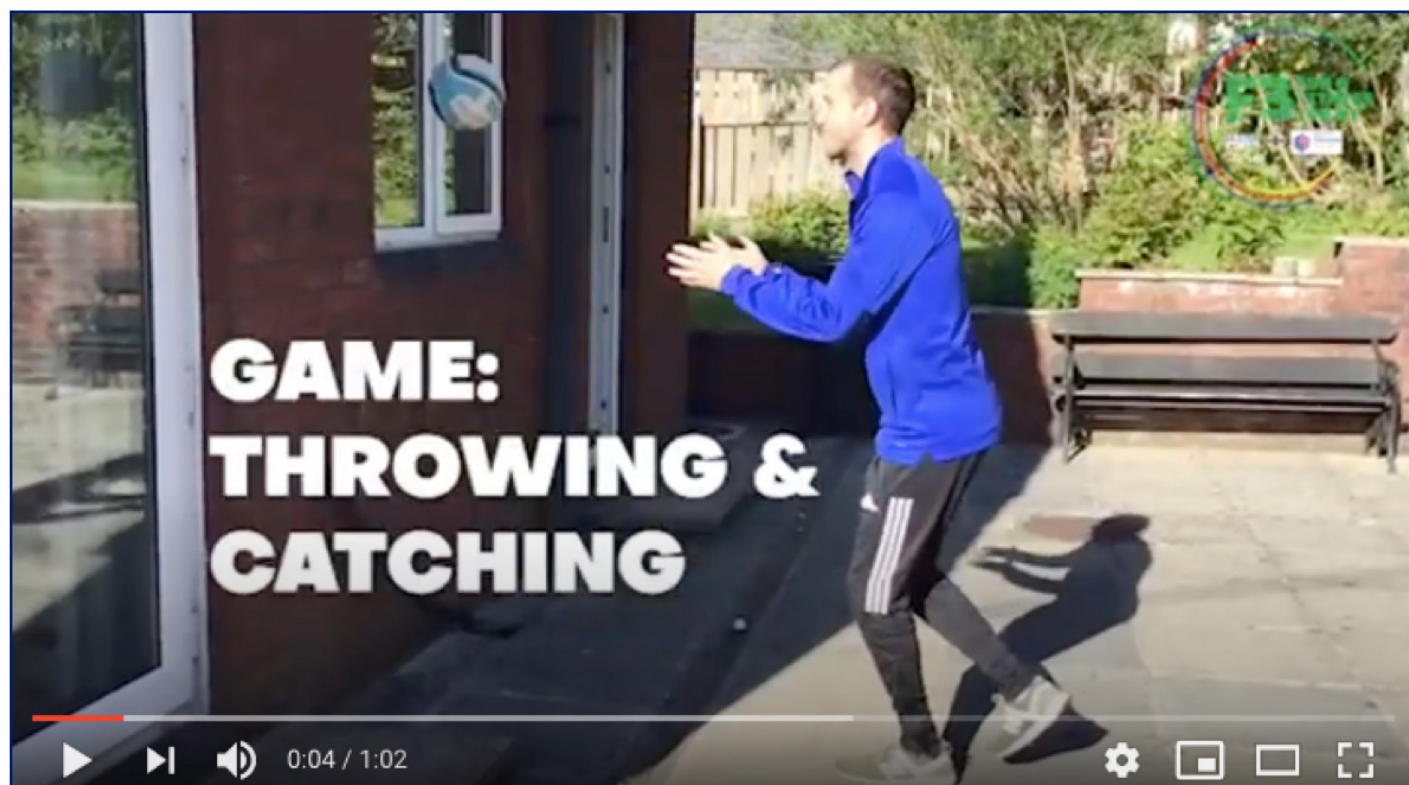
Throwing and Catching



Foundation

On Tuesdays we want to share some of our Let Them Play Officers games for you to try at home with your family.

This week it's Throwing and Catching!



To watch the video, type the following link into your browser address bar:

<https://youtu.be/DpzIEFaWGxM>

All you need is a wall or a partner to throw the ball to.

- Can you throw and catch a larger ball with two hands? Can you catch a smaller ball with one hand? Which is harder?
- If you want an extra challenge, can you throw and catch whilst balancing on one foot?

LET THEM PLAY