

CATCH 10

EQUIPMENT:

- ✂ A light object you can throw and catch (small ball, bean bag, teddy, balloon, etc.)

SET UP:

- ✂ Find a safe open space to play.

AIM OF THE GAME:

- ✂ To improve throwing and catching, hand eye coordination, hand speed, body awareness and spatial awareness.

HOW TO PLAY:

- ✂ Level 1: Throw and catch.
- ✂ Level 2: Throw, clap and catch.
- ✂ Level 3: Throw, clap, clap and catch.
- ✂ Level 4: Throw, touch shoulders and catch.
- ✂ Level 5: Throw, touch knees and catch.
- ✂ Level 6: Throw, touch shoulders, touch knees and catch.
- ✂ Level 7: Throw, touch the floor and catch.
- ✂ Level 8: Throw, spin around and catch.
- ✂ Complete each level 5 times, then like a video game, see if you can unlock each level. The game ends when you reach level 8.
- ✂ To make it more exciting, play with a friend or create levels.

