

Take Home Catching B3

1. Practise catching at home with a friend or family member.
2. When you go home tonight ask a family member or friend to throw different sized balls to you. In your PE journal, write down any differences you encounter when catching balls of different sizes. Which is most challenging, which is easiest and why?
3. Practise throwing and catching balls of various sizes off a wall at home.
4. Reaction time is central to this activity. In your PE journal, design a game that could help develop reaction time.
5. Show a family member how to play this game at home. Write the instructions down in your PE journal.
6. Practise React and Catch in the playground or at lunchtime.
7. Describe this activity in your PE journal. Does this remind you of any other game?
8. At home, practise catching at different speeds by throwing a ball fast and slowly against a wall.