



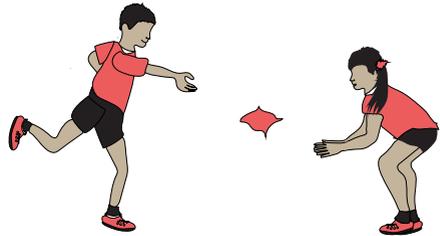
Top Ten PE Home Learning



Can you encourage your partner even if they make a mistake?

Time to Learn:

- With a partner, start by standing three steps apart.
- Throw a ball or a rolled up pair of socks to each other.
- Challenge yourself to make ten catches. Each time you make ten catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Throw and catch a pair of rolled up socks on your own. Can you complete ten catches without dropping them?



Playing with a partner!
How many successfully catches can you make in three minutes?



Play with different family members. Which pair can move the furthest back?

Top Tips

Catching

- Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.



Let's Reflect

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

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