

# See if you can...

(Exploring throwing & catching skills individually)



Throw the ball up and catch it with your left hand  
> Then with your right hand

Throw and catch a ball against the *wall*

Throw as *high* as you can

Throw the ball up in the air then:

- > *Clap* 3 times then catch it
- > *Spin around* then catch it
- > Touch the ground with 2 hands then catch



Throw the ball from your left to right hand and back

Throw the ball up and catch it *behind* your back

Throw *kneeling* on 1 knee

Throw the ball up in the air and catch it *balancing* on 1 leg

Find new and different ways to throw the ball

