



Fundamental Movement Skills

Throwing and catching activities

Below are two different games and activities that can be played individually or with someone else. Both these games require either throwing or catching skills.

ABC keep it up

- The only piece of equipment this game requires is something you can throw into the air and then catch, like a tennis ball.
- The aim of the game is as follows, you have to throw the ball into the air and then catch it. Each time you catch the ball you say the next letter in the alphabet.
- If you can get all the way from A to Z without dropping the ball you've completed the challenge.
- To make the game more challenging, clap before you catch the ball. Or try and get from 1 to 100.

Hoop flip

- The only piece of equipment you need for this game is something to throw like a tennis ball, and a target to aim at like a hula hoop.
- If you don't have these items at home, you can use a pair of socks formed into a ball shape and a pillow as your target to aim at.
- The aim of the game is as follows, begin by standing behind your hula hoop, now try and throw or drop your tennis ball landing it inside the hoop. If you get the ball in the hoop, you have to flip your hoop over so it gets further away from you. If you don't get the ball to land in the hoop, you don't get to flip the hoop over.
- Each time you flip your hoop it gets further and further away, therefore you have to perform a harder throw.
- See how far you can get your hoop away from its starting position, or if you are playing against someone else, see which person can get their hoop the furthest away.