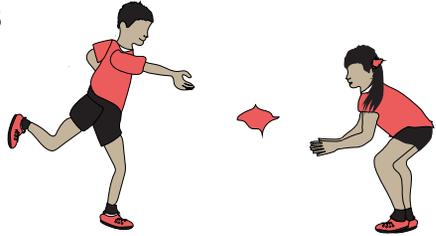


# Top Ten Home Physical Education

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

## How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you concentrate on your throw and focus on where to aim?

## 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 increased?

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