

## HOME CHALLENGE: HOW MANY CATCHES CAN YOU DO?



THROW A BALL AGAINST A WALL
AND TRY TO CATCH IT

## Here are some tips to help you:

- Eyes on the ball
- Hands move towards the ball
- If the ball is high, hands like a butterfly
- If the ball is low, fingers down like wriggly worms





## How many catches did you do in a row?

Write the number of catches on the ball



## Colour in the butterfly and worms









