

AUTUMN HALF-TERM (2) PERSONAL BEST CHALLENGE



CATCH AND CLAP CHALLENGE

CATCH & CLAP OBJECTIVE:

How many times can you throw a ball up, clap once and catch it in 60 seconds?

EQUIPMENT NEEDED:

A ball or a beanbag.

Stop watch / timer.

IMPLEMENTING THE CHALLENGE:

- Stand with enough space and nothing breakable, around you.
- Throw the ball above your head (not too high), clap and catch it.
- Receive a point for every throw / clap and catch you complete without dropping the ball.
- If you drop the ball deduct a point.
- REMEMBER – Always space out and HAVE FUN!!!!

RECORDING SCORES

The attached recording sheet asks for each participant first and best score.

NEXT LEVEL

Clapp twice or more in each throw / clap and catch.

If you're using a soft ball, try doing it blindfolded but TAKE CARE!

AUTUMN HALF-TERM (2)

First -v- Best Score



School			
Year group / Class			
Date first scores were recorded		Date second scores were recorded	

Child's first name	First score	Best score
