

COMPLETE  
THE MASCOT CHALLENGE

# WEEK 2 THROWING



Complete **EACH** activity before moving on!

ACTIVITY

1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way down.

ACTIVITY

2

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball into the ground so it bounces up and your partner can catch it without moving.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take four big steps backwards. One person stands with their feet apart, the other person tries to throw the ball between their legs.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take four big steps backwards. Throw the ball to your partner so they can catch it before the ball bounces.

# FANTASTIC

YOU HAVE NOW COMPLETED  
THE MASCOT THROWING CHALLENGE!

