

COMPLETE
THE MASCOT CHALLENGE

WEEK 1 CATCHING



Complete **EACH** activity before moving on!

ACTIVITY

1

Throw the ball up with one hand and catch it with two hands.

ACTIVITY

2

Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.

ACTIVITY

3

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.

ACTIVITY

4

Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.

CONGRATS

YOU HAVE NOW COMPLETED
THE MASCOT CATCHING CHALLENGE!

