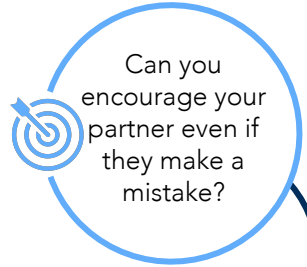




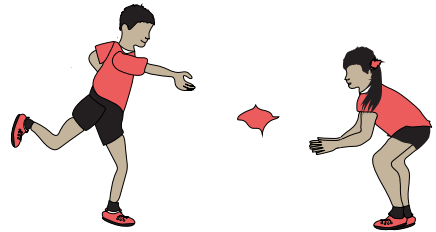
Blast Off PE Home Learning



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

Time to Learn:

- Play with a partner; sibling, parent or carer. Stand three to five steps apart.
- Players make ten catches and then swap sides, players make nine catches then swap sides, players make eight catches and swap sides continuing this process until they reach zero.
- Can each pair reach zero without dropping the rolled up socks or ball?



Throw and catch a pair of rolled up socks on your own. Can you complete ten catches without dropping them?



Can you complete the challenge using your weaker hand?



Have a competition against another pair. Who can complete the challenge first?

Top Tips

Catching

- Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.



Let's Reflect

If you dropped the ball what did you change for next time?

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