

The Catch a Ball Challenge

The Challenge

How many times can you throw and catch a ball against a wall in 60 seconds?

- Take 1 large step away from a wall.
- Stand facing the wall and throw the ball directly at the wall.
- You can use one hand or two and over arm or under arm throws.
- Catch the ball as it bounces off the wall and throw it again.
- How many times can you throw the ball at the wall and catch it again in 60 seconds?

- Always have adult supervision.
- Make sure the surface is flat.
- Make sure there are no obstructions.
- Make sure the ball is not too heavy.

What you need:

- 1 x ball
- 1 x timer



Watford & Hertsmere
Schools Sport Partnership