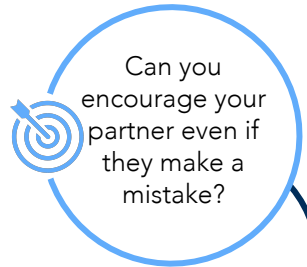




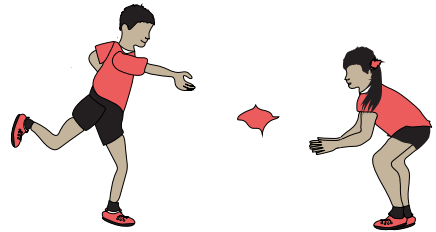
# Blast Off PE Home Learning



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?