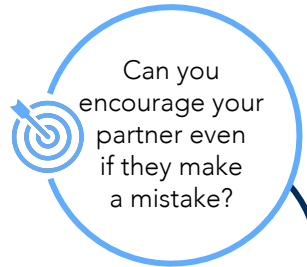





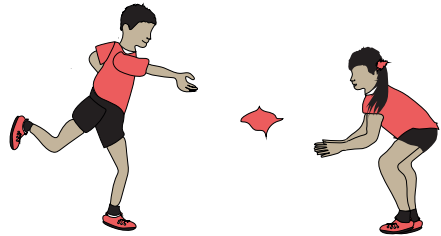
# Top Ten PE Home Learning



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

## Time to Learn:

- With a partner, start by standing three steps apart.
- Throw a ball or a rolled up pair of socks to each other.
- Challenge yourself to make ten catches. Each time you make ten catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



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



**Playing with a partner!**  
How many successfully catches can you make in three minutes?



Play with different family members. Which pair can move the furthest back?

## Top Tips

### Catching

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



## Let's Reflect

How did you change your throwing technique as the distance is increased?

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