# Blast Off

## **Home Physical Education**

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

#### How to play:

- Play with a partner; sibling, parent or carer. Stand 3 – 5 steps apart.
- Players make 10 catches and then swap sides, players make 9 catches then swap sides, players make 8 catches and swap sides continuing this process until they reach 0.
- Can each pair reach 0 without dropping the ball?
- If competing against another pair the first pair to reach 0 are the winners.





Can you concentrate on your throw and focus on where to aim?

#### 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?

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





