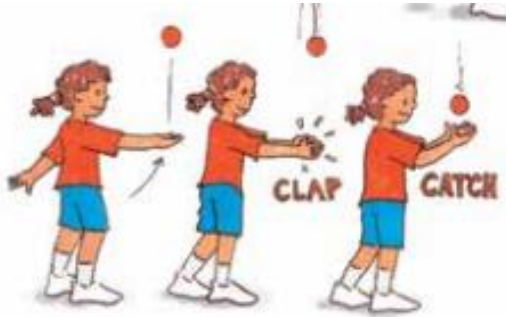


# WEEKLY PE CHALLENGE



How many times can you clap your hands while the ball is in the air?

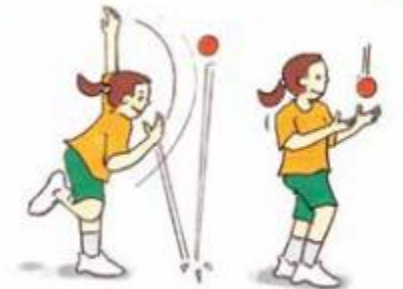
Can you throw the ball between your legs (from behind you) and catch it?

## THROWING & CATCHING

You will need a ball (if you can find different sized balls, you could try each skill with them and see which is best)



How high can you throw the ball in the air and still confidently catch it? How do you position your hands ready to catch?



Can you bowl (throw) the ball overarm into the ground and catch it after it bounces?