

# 6

## BOUNCE OFF

Years 1&2 / P1, 2&3: Bounce & Catch

### Activity Challenge

- Pupil 1 bounces a sponge ball with 1 hand and catches the ball with 2 hands
- Pupil 2 counts how many times Pupil 1 can bounce and catch the ball

### To make it harder

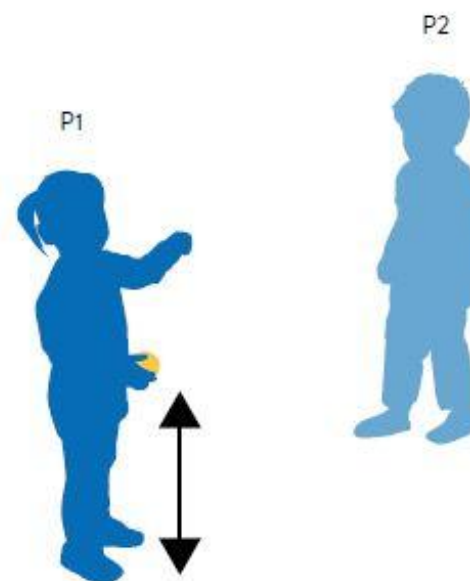
- Bounce with 1 hand and catch with the dominant hand only
- Bounce with the non-dominant hand and catch with the non-dominant hand

### To make it easier

- Throw the ball up to eye level, let it bounce and catch it
- Use a larger lightweight ball

### Equipment:

- 1x Sponge ball



### Scoring

- How many times can you bounce and catch the ball in 1 minute?