



CATCH IT QUICK

Ages 5+ | School Based | 2+ players

AIM OF THE GAME



- ▶ Catch the ball before it hits the ground.

EQUIPMENT



- ▶ A ball of any size, the larger the ball the easier it could be to catch.

HOW TO PLAY



- ▶ Divide the class into pairs.
- ▶ The pairs stand facing each other, with one holding the ball as high as possible out in front or to the side of them (the holder) and the other (catcher) waits with their hands by their side.
- ▶ On the count of three, the holder drops the ball and the catcher reacts quickly to catch it before it hits the ground.
- ▶ Repeat this for ten attempts before swapping over.
- ▶ See who can catch the ball the most times before it hits the ground.

GAME VARIATIONS



1. The holder drops the ball with no count beforehand. Challenge the catcher to react to what they see.
2. Try having the catcher's hands in different positions, e.g. behind their back, on top of their head or with one hand up above their head and the other down by their side.
3. Perform different balances or shapes whilst waiting for the ball to drop.
4. Increase the height of the holder dropping the ball. If safe to do so, this could be on a box, a step or a chair.