

Joy of moving Social Responsibility Programme

Catch both balls as quick as you can.

EQUIPMENT



 Two small balls that bounce, preferably marked or coloured differently.



- One player stands with a ball in each hand held out to the side of them, ready to drop. Their playmate stands facing them around three steps away ready to move and catch the balls.
- When the player holding the balls shouts 'go' they drop one of the ball's in either their left or right hand.
- The player catching move quickly to catch the dropped ball as quickly as they can. Once they have the ball, the next ball is dropped on the other side.
- The catcher must quickly move around their playmate to catch the second ball as quickly as they can.
- Try to catch both balls with only one bounce.

GAME VARIATIONS



- Catch the ball with one hand using the same hand as from which the ball was dropped, or if the balls are marked differently use left hand for one ball and right hand for the other.
- Change the start positions of the catcher. Sitting down, facing away from playmate or with eyes closed.
- 3. Rather than starting on command of "go", just drop the balls with no voice command.
- **4.** Catch the balls after bouncing with only one hand.

