



WALL TOSS

Ages 5+ | Individual | 1 Player

AIM OF THE GAME



- ▶ To throw and catch the ball against a wall.

EQUIPMENT



- ▶ Any size ball, a safe wall to throw ball against and chalk or a marker.

HOW TO PLAY



- ▶ Using a safe wall, mark a brick or a target area on the wall using chalk to throw the ball against.
- ▶ Choose a distance from the wall to stand at, aim and throw the ball at the target, quickly moving to catch the ball after it bounces off the wall.
- ▶ See how many throws at the target and catches you can make in a row.

GAME VARIATIONS



1. Change the size of the target area to throw at, the smaller the target the harder the game.
2. Catch using one hand, changing which hand you use each time.
3. Play using a sequence of throwing right handed, catching left, throwing with left, catching with right and repeating. Or come up with your own sequence to memorise and repeat as many times as possible.
4. Perform a task or movement between throwing and catching. For example, bending down touching toes, spinning around or clapping hands in front or behind body.