

# Games: Moving while Throwing and Catching



**Working in pairs and taking turns, completing each challenge for at least 30 seconds, can you;**

1. Pass and follow the ball
2. Throw to someone who is moving away from you
3. Throw overarm to your partner
4. Move slowly with your partner
5. Move quickly with your partner while avoiding others

## Tips from Partner

- Keep eyes on the ball
- Keep your hands ready
- Do not throw too hard
- Take your time
- Make sure your partner is ready
- Make sure the distance works

**Can you think of another challenge?**



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Active Pro Sports