

Personal Best Challenge: Falling Apples



(Working with a partner)

Equipment:

- Safe working area
- Small ball
- Large ball
- Socks



Instructions:

- Standing a sensible distance from your partner. Ask your partner to drop a ball (apple) from shoulder height.
- Can you try to catch it after 2 bounces?
- Complete same task but move further away.
- Challenge yourself to catch a smaller/larger ball

How will this help me?

- Improve your agility
- Improve your catching skills
- Improve your spacial awarness.

What else could i try?

- Mover further away from your partner
- Catch after 1 bounce
- Catch a smaller/larger ball
- Partner to drop more than one ball