

#CatchingChallenge

Achieve the challenge

The aim of the game is to work as a team to make sure the ball/object doesn't bounce in your area.



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Play in a space away from anything that is breakable
- Always aim for space when throwing the ball/object
- Ensure you communicate with your team when catching so you don't bump into each other

Skill up

- What is the best body position for you to be in to catch the ball/object?

How to play

1. Agree on a playing area with target zones at each end
2. Get into two teams and spread out around your teams playing area
3. One team starts with a ball/object and throws it into the other team's area
4. The receiving team must try and catch the ball before it bounces
5. If the ball/object is caught, you can then throw it back over into the other team's area

Equipment

Essential

- Space big enough for the game
- A ball/object

Optional

- Cones or a net to mark out the centre line

Spirit of The Games



Teamwork:

How are you working as a team to cover the target zone?



Self-Belief:

Are you always confident that you will catch the ball/object?
What happens when you are not very confident?

Link it up

- This game helps you get better at games e.g. Cricket, Rounders and Softball.

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Roles for leaders and officials

- Ensure the playing area is safe
- Make decisions on when the ball/object lands in or out of play
- Keep the score
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Alter the size and texture of the ball/object to make it easier to control/throw/catch.
- Choose designated throwers and catchers each time

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the size of your area
- T** Allow one bounce before catching
- E** Use a bigger sized ball/object
- P** Increase the number of players on your team

HARDER

- S** Increase the size of your area
- T** Try catching one handed or with your weaker hand
- E** Use a smaller sized ball/object
- P** Decrease the number of players on your team

Change it up

- Add in more than one ball/object to play the game
- Create more than two teams to play against each other
- Try different types of throws or even try playing from a seated position
- Play to a time limit and try to have the ball/object out of your area when the time ends
- Choose a player on your team to stand in the other team's target zone. If they catch the ball, then you can award more points.
- There are lots of ways that this game could be played. Be creative and come up with your own versions

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.