

Throwing & Catching Take 10 Home Challenge



Find a suitable space inside (or outside) of your house. Have one beanbag ready (or homemade alternative). Choose your challenge colour and give it a try!



Stood Up

x10 Throw & Catches
(clap before catch)

No Drops



Stood Up

x15 Throw & Catches

No Drops



Stood Up

x10 Throw & Catches

No Drops



Kneeling Down

x5 Throw & Catches

No Drops



Sitting Down

x5 Throw & Catches

No Drops

Easier - Continue from same number after a drop

Harder - One handed catches