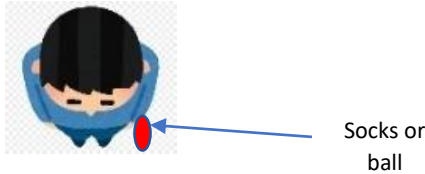
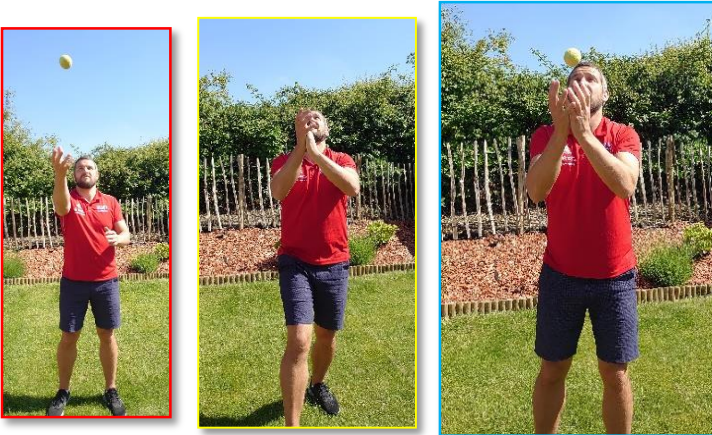


Spar Lancashire School Games PB Sports Day

Sports Day Activity 10: Throw, Clap & Catch

ACTIVITY/SKILL	OVERVIEW	
<p>THROW, CLAP & CATCH</p> <p>Video Demonstration</p>	<p>TOP VIEW</p>  <p>SIDE VIEW</p> 	<div style="border: 2px solid red; padding: 5px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 1 tennis ball or pair of rolled up pair of socks • To make it easier, throw something bigger, a teddy bear or larger ball. You need to catch this with two hands. </div> <div style="border: 2px solid blue; padding: 5px; margin-top: 10px;"> <p>Tips to improve:</p> <ul style="list-style-type: none"> • First practice throwing the ball/socks above your head without clapping. Get used to catching. • Cup hands together, overlapping your little fingers, this creates a net under the ball. Players will have more success when their little fingers are touching. • Practice throwing the item as high as possible but controlled, so it travels straight up and straight down. The less movement the player must make to move under the item before catching, the better. </div> <div style="border: 2px solid green; padding: 5px; margin-top: 10px;"> <p>Set up and Take Part:</p> <p>Set up as in the diagram - using the space you have available.</p> <ol style="list-style-type: none"> 1. Pick up your ball/socks and throw it above their head, clap their hands whilst the item is in the air then stop clapping when they see the ball is close to their hands and catch the ball at the appropriate time. 2. If you drop the item, that go does not count. Try again. 3. Count how many times you can clap on the first successful go. The more claps the better. 4. After the first attempt, have another go and try to beat your first score. What is the best score you can achieve? Can your parents, carers or siblings beat your score? </div>