





Throwing and Catching

Harold Discovered that practicing his drums both by himself and with his band helped him get better at playing. Let's see if this works for you too.

You will need:

A Partner

A hall

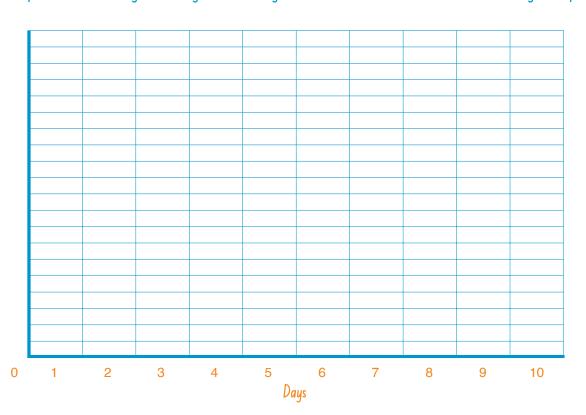
A 1 minute timer

A pencil

The graph below

Activity:

- 1. Stand so that you and your partner are facing each other with your hands on each other's shoulders. This is the perfect distance to be from each other.
- 2. Now when the timer starts throw and catch the ball between you. Count how many times you can do this in a row without dropping the ball.
- 3. Graph the most number of times you were able to throw and catch the ball on the graph below.
 - Note: You may need to add a scale to the graph. I box on the graph could be 1, 2, 5 or 10 catches depending on how good you and your partner are.
- 4. Repeat this activity each day for 10 days (2 school weeks) and see how much you improve.



MA2-18SP - Selects appropriate methods to collect and display data in graphs. PD2-4 - Performs and refines movement skills in a variety of sequences and situations.

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