



**Throw and catch a ball
with someone in your
family**

Can you throw a ball at a target, this could be into a bucket, net, between two trees etc? How accurate are you?

Now can you pass the ball to someone in your family using your feet? Can they pass back to you and you stop the ball using your feet only?

Can you kick the ball at a target, this could be into a bucket, net, between two trees etc? Which do you find easier throwing a ball or kicking a ball at a target, why?

