



EXPLORE



You will need something small and soft that you can throw – a tennis ball, rolled up socks, a soft toy or screwed up paper.



Bright ideas:

Ask someone in your family to help you or find a wall outside that is safe to use.

- Throw your 'ball' high, medium and low to your partner or the wall.
- Can you receive a high, medium or low throw and catch it accurately?
- Make a high, medium or low target on the wall or ask your partner to make a target with their hands.
- Try moving further away from your partner or wall.

Think about your body and hand positioning when throwing and receiving the ball.