

Children's University Club Challenge

Throw and Catch Game!

While the weather is still quite good, we can spend more time outside. We can also visit the park and open spaces too (following the social distancing rules of course) so here's a great game you can make at home to take with you. It will help develop your throwing and catching skills too. How far can you throw the ball? How many times can you catch it in a row?

You will need:

- Empty milk bottle (4 pints size is perfect!)
- Sticky tape and glue
- Scissors
- Coloured paper



Step 1 – Wash out your empty milk bottle and leave it to dry. Turn it upside down and ask an adult to help you cut off the bottom, so there's about 5-8cms left from the bottom of the handle.

Step 2 – If the edge is sharp, you could stick a length of sticky tape over the top, all the way round. Decorate your bottle by cutting shapes from coloured paper and sticking it to the bottle with sticky tape or glue.

Step 3 - Screw up some paper into a tight ball then wrap sticky tape round and round to make a ball. Check it's the right size to be caught in your bottle catcher! You could always use an ordinary ball if you wish.



Step 4 - Get outside and get playing! Ask a partner to throw the ball in the air for you to catch in your bottle-catcher! What makes it easier or harder for you to catch it? Try catching with your other hand! Why not make another bottle-catcher for your partner so you can both throw and catch? How many throws and catches can you make in a row, before dropping the ball?



1 CU credit for completing this task.

Complete your Reflection Diary Sheet and return it to school with evidence of your challenge. Don't forget to add your Learning Stamp to the Digital Dashboard