**Blast Off**
**PE Home Learning**

**Time to Learn:**

- Play with a partner; sibling, parent or carer. Stand three to five steps apart.
- Players make ten catches and then swap sides, players make nine catches then swap sides, players make eight catches and swap sides continuing this process until they reach zero.
- Can each pair reach zero without dropping the rolled up socks or ball?

**Top Tips**

**Catching**

- Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

**Let’s Reflect**

- If you dropped the ball what did you change for next time?
- How did it feel when you dropped the ball and how did you respond?

**Can you encourage your partner even if they make a mistake?**