**Top Ten PE Home Learning**

**Time to Learn:**
- With a partner, start by standing three steps apart.
- Throw a ball or a rolled up pair of socks to each other.
- Challenge yourself to make ten catches. Each time you make ten catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?

**Throw and catch a pair of rolled up socks on your own. Can you complete ten catches without dropping them?**

**Playing with a partner!**
- How many successfully catches can you make in three minutes?

**Let’s Reflect**
- How did you change your throwing technique as the distance is increased?
- How did it feel when you dropped the ball and how did you respond?

**Top Tips**

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

**Play with different family members. Which pair can move the furthest back?**

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**Complete P.E.**

**YOUTH SPORT TRUST**