

Gym time - Ball tricks

We have been working on developing the skill of throwing and catching. This can be done with a ball, a teddy or even a cushion.



Can you throw the ball in the air and catch it with both hands?

Can you throw the ball to your partner?

Can you catch the ball when your partner throws it back?

Too hard?

Sit on the floor and roll the ball to each other try and encourage your child to catch the ball with two hands.



Too easy?

Can you throw the ball in the air and clap your hands before you catch it?



Please tweet us any pictures and videos of you working hard on your gym skills to @GarnockPrimary

Or email them to any of the staff email addresses found in the activity packs.