

PE Lesson - Week 4 – Clap Catch

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or space that you can use.</p> <p>Small ball e.g. (golf ball, tennis ball)</p>	<p>Raise heartrate 5 x Star Jumps 10 x High Knees 10 x Heel Flicks 30 seconds – Jog on the spot.</p> <p>Stretches Hold for 8 seconds.</p>	<p>Challenge One Standing in one place, throw the ball into the air (not too high) and catch. Cup your hand and watch where the ball will land to cup. Do five without dropping and then move onto challenge two.</p> <p>Challenge Two Standing in one place, throw the ball into the air. Keeping your eye on the ball at all times, your hands must clap together one time before cupping the ball safely again. Learning Point: Where should the ball be held too on your body to keep it safe?</p> <p>Challenge Three Standing in one place, throw the ball into the air. Keeping your eye on the ball at all times, your hands must clap together two times before cupping the ball safely again. Learning Point: How many body parts can you name that are helping us to complete this task?</p> <p>Challenge Four Standing in one place, throw the ball into the air. Keeping your eye on the ball at all times, your hands must clap together more than two times before cupping the ball safely again. Try and get as many claps as you can before catching the ball again.</p> <p>See videos for help and please send your attempts to your teachers!</p>