



Throw it Thursday Activity Card



Can you throw and catch with this cheeky monkey for 30 seconds? 60 Seconds? Longer?



Balance the ball on the palm of your hand.
Can you walk and balance the ball?



Throw the ball in the air and catch it.
Can you do it 10 times in a row without dropping?



Can you do it with just 1 hand?
Can you do it with your weaker hand?

Throw, clap and catch the ball – how many can you try?
Try it with clapping more than once!



Bounce the ball on the ground and catch it.



Catch the ball when it is thrown to you by someone else.

