

## Bounce and Catch

Race against gravity to catch the ball as quickly as you can.

### What you will need:

Two balls of any description – footballs, basketballs, tennis balls or ping pong balls are fine (the balls just need to be able to bounce).

### How to play:

- Two players stand facing each other.
- Each player holds a ball out at arms length and shoulder height.
- Count down “three, two, one, drop!”, dropping the ball as you say “drop”.
- Each player then attempts to catch their opponent’s ball after a maximum of one bounce.

### To simplify the activity:

- Allow more than one bounce.
- Use a bigger ball.
- Use a lighter item (balloons are great for this).

### To make it more challenging:

- Stand further apart so you have to move further to get to the ball.
- Change to “three, two, one, throw!” and throw the ball upwards. Each player has to try to catch the ball before it bounces.
- Play the game in a larger area if you can. The players move around while completing the countdown, so their opponent has to react and move towards the ball.

**LET'S GET  
MOVING**