



Game Details

- **Equipment Needed:** Foam Balls, Other Balls
- **Grades:** K-7
- **Skills:** Catching, Throwing
- **Game Type:** Skill Practice, Warm Up

How to Play

Split the group into partners, with one ball. Kids can start close together and begin a game of catch. Every time you make a successful catch, take one medium sized step away from your partner. Keep moving apart further and further (like an elastic band!) until finally someone drops the ball or there is an errant throw. When that happens, partners can come together again and start at the beginning. Encourage kids to count their steps and try to set a high score!

Modifications

- ▲ Try catching with one hand
Work on right-left symmetry by throwing with their non-dominant hand
Balance on one foot while catching
- ▼ Other types of balls/objects can decrease challenge of catching & throwing (beanbags, success balls, all balls, etc)