

# Ball and Wall Challenges

## Level 1



K-Yr1 Use a basketball or soccerball

1. Complete 5 passes against the wall and catch after 2 bounces.
2. Complete 5 passes against the wall and catch after 1 bounce.
3. Complete 5 passes against the wall and catch before it bounces.
4. Bounce the ball against the wall clap then catch. (touch your head, knees before you catch)



*Hi boys and girls, I hope you are all keeping active. Try these individual ball against a wall challenges to keep developing your skills and fitness!! See what level you can reach!!*

*Ms Phillips*



## Level 2



Yr 2-Yr3 Use a small ball like tennis ball.

1. Complete 5 underarm throws against the wall and catch after 2 bounces.
2. Complete 5 throws against the wall and catch after 1 bounce.
3. Complete 5 throws against the wall and catch before it bounces.
4. Throw the ball against the wall clap then catch. (touch your head, knees before you catch)
5. Throw the ball against the wall spin around then catch.

## Level 3



Yr4-Yr6 Use a small ball.

1. Complete 5 catches Throwing RH and catching RH against the wall.
2. Complete 5 catches Throwing LH and catching LH against the wall.
3. Complete 5 catches Throwing RH and catching LH .
4. Complete 5 catches Throwing LH and catching RH .
5. Play catch and step back- after 5 catches go back 1 step each time. Go back to the wall when you drop the catch. Throw overarm when you get further back.
6. If you have a racket hit and catch against the wall and then see how many in a row you can hit.

