



# SPRING INTO ACTION CAMPAIGN



## WEEK 2 - CATCH & CLAP CHALLENGE



### Catch and Clap 60 Second Challenge

Can you focus on the ball to maximise your concentration?

**Throw and catch a ball**  
If you do not have a ball, use a toilet roll or a rolled up pair of socks.

**Don't drop it!**  
Each time you drop the ball take five seconds off your time!

**Play with a partner!**  
Throw, clap and catch in pairs. Can you achieve a medal with your partner?

How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**Achieve Gold**  
35 catch and claps



**Achieve Silver**  
25 catch and claps



**Achieve Bronze**  
15 catch and claps



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