



## Norfolk Virtual School Games Primary Personal Challenge

### Challenge Two - Catch and Clap



### Catch and Clap

#### 60 Second Challenge



Can you focus on the ball to maximise your concentration?

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.



**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?

**Achieve Gold**  
35 catch and claps



**Achieve Silver**  
25 catch and claps



**Achieve Bronze**  
15 catch and claps



 

### Instructions

- Make sure you are standing in a space.
- The ball must go above your head to count.
- If the ball is dropped, carry on counting your score from where you left off.
- Maybe practise this challenge with a partner.

### How to Score

- Record pupils first attempt at the challenge.
- Allow pupils time to practice the skill
- Record pupils second attempt to see if they have achieved a personal best.
- Schools- How many pupils achieved a bronze, silver or gold medal for catch and clap?