
Cricket Weekly Challenge:

WEEK 1

- Cool Catcher
(Individual) KS1 & KS2



EQUIPMENT

- Tennis Ball (if you don't have one try a rolled up pair of socks, or something else, be creative!)

HEAD, SHOULDERS, KNEES AND CATCH:

- Throw ball in the air
- Touch your head, shoulders, tummy and toes then take the catch
- Start with just your head and catch, then head, shoulders & catch etc

TEACHING POINTS:

- Watch the ball all the way into your hands
- Keep a big surface area to catch (Think of your hands being like an open



book)
