



CATCH AND CLAP

A-Z

Can you clap the fastest?



HOW TO PLAY GET CATCHING!

- > Stand in one place
- > Throw your ball (or sock) in the air and clap once before catching it!
- > Throw your ball (or sock) in the air and clap twice before catching it!
- > Throw your ball (or sock) in the air and clap three times before catching it!
- > Throw your ball (or sock) in the air and clap four times before catching it!
- > Throw your ball (or sock) in the air and clap five times before catching it!
- > Can you do anymore?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space
- > Something to catch like a ball or a sock



SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

REMEMBER

This is a family activity – you could all stand in a circle and see who can clap the fastest!



CHALLENGE!

Try doing 10 claps before you catch your ball (or sock)!



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

