

Beat the PE Teacher 30 Second Challenge Clap and Catch



View the linked video content [here](#) to see the challenge.

The Challenge:

How many times can you clap your hands together and still be able to catch the ball?

Throw a small ball up into the air. Make sure the ball goes above your head!

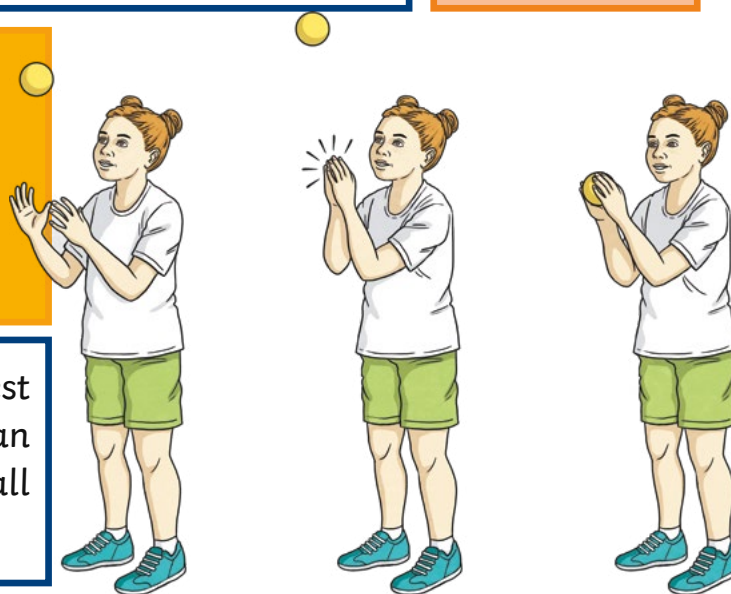
You can make this easier for yourself by using a larger ball. When you are confident and can easily catch it, try throwing and catching with a smaller ball.

Equipment:

A small soft ball or other safe item, such as a balled-up pair of socks.

Physical fact: Throwing and catching a ball can help you improve both your hand-eye coordination and your spatial awareness (your understanding of what is around you).

Fun fact: The world record for the highest catch of a cricket ball is held by Kristan Baumgartner, who caught a cricket ball from a height of 114m.



Score

How did you get on with this activity?

Silver challenge:
3 or 4 claps



Gold challenge:
5 claps or more



Bronze challenge:
1 or 2 claps

