

# PE

## DISTANCE LEARNING

### 2 HAND CATCH



TRY CATCHING IT AT DIFFERENT LEVELS

*Watch the sock ball in the air*

25 TIMES

Toss the sock ball up in the air with 1 hand and catch it in front of your body using 2 hands.

**1** Home Toss and Catch

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### 1 HAND CATCH



WATCH IT ALL THE WAY TO YOUR HAND

*Don't toss it too high*

22 TIMES

Toss the sock ball up in the air with 1 or 2 hands and catch it in front of your body using only 1 hand.

**2** Home Toss and Catch

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# Tossing and Catching

# 2 HAND CATCH



Toss the sock ball up in the air with 1 hand and catch it in front of your body using 2 hands.

1

Home Toss and Catch

# 1 HAND CATCH



22 TIMES

Toss the sock ball up in the air with 1 or 2 hands and catch it in front of your body using only 1 hand.

2

Home Toss and Catch

# RAINBOW TOSS



**24 TIMES**

Toss the sock ball across your body from 1 hand to the other. The sock ball should travel in a rainbow shape.

**3**

**Home Toss and Catch**

# TOSS/CLAP/CATCH



Toss the sock ball up in the air  
and clap once or a few times  
before you catch it.

**4**

**Home Toss and Catch**

# TOSS/TOUCH/CATCH



**16 TIMES**

Toss the sock ball up in the air and touch the ground before you catch it.

**5**

**Home Toss and Catch**

# TOSS/TURN/CATCH



Toss the sock ball up in the air and turn around before you catch it.

6

Home Toss and Catch

# 2 FOOT RELEASE



1 MINUTE

Put the sock ball between your feet and jump up in the air. Release the sock ball in midair and then catch it.

7

Home Toss and Catch

# KICK-UP CATCH



**20 REPS**

Put the sock ball on 1 foot and kick it up in the air. Catch it before it hits the ground.

**8**

**Home Toss and Catch**

# CATCH ON BACK



**15 TIMES**

Toss the sock ball up in the air and catch it on your back. Keep your back nice and flat for success.

**9**

**Home Toss and Catch**

# FOOT TO BACK



Put the sock ball on 1 foot and kick it up in the air. Catch it on the flat part of your back.

10

Home Toss and Catch

# BEHIND BACK CATCH



15 TIMES

Toss the sock ball up in the air and turn halfway around. Catch it using 2 hands behind your back.

11

Home Toss and Catch

# BEHIND BACK TOSS



Using one hand, reach behind your back and toss the sock ball up in the air. Catch it before it comes down.

12

**Home Toss and Catch**

# UNDER LEG TOSS

*Spot the  
sock ball  
quickly  
to catch it*



LIFT YOUR  
LEG FIRST

17 TIMES

Lift up one of your legs and reach under that leg to toss the sock ball up in the air. Catch it with 1 hand.

13

Home Toss and Catch

# UNDER LEG CATCH

*Watch the sock ball  
in the air*



**REACH  
QUICKLY**

**14 TIMES**

Toss the sock ball up in the air and  
reach under your leg to catch it.

**14**

**Home Toss and Catch**

# TOSS INTO A BASKET



**10 TIMES**

Take 3 to 5 giant steps away from  
a laundry basket on the ground.  
Toss the sock ball into the basket.

**15**

**Home Toss and Catch**

# TOSS INTO A BUCKET

IF SUCCESSFUL,  
ADD ANOTHER  
STEP TO  
YOUR DISTANCE



*step with your  
opposite foot*

10 TIMES

Take 3 to 5 giant steps away  
from a bucket or trash bin. Toss  
the sock ball into the bucket.

16

Home Toss and Catch

# TOSS ONTO A TABLE

IF SUCCESSFUL,  
ADD ANOTHER  
STEP TO  
YOUR DISTANCE



*Step with  
your  
opposite  
foot*

**15 TIMES**

Take 3 to 5 giant steps away from a flat table. Toss the sock ball on top of the table without it sliding off.

**17**

**Home Toss and Catch**

# PARTNER BIN TOSS

*Take turns  
holding and  
tossing*



IF SUCCESSFUL,  
ADD ANOTHER  
STEP TO  
YOUR DISTANCE

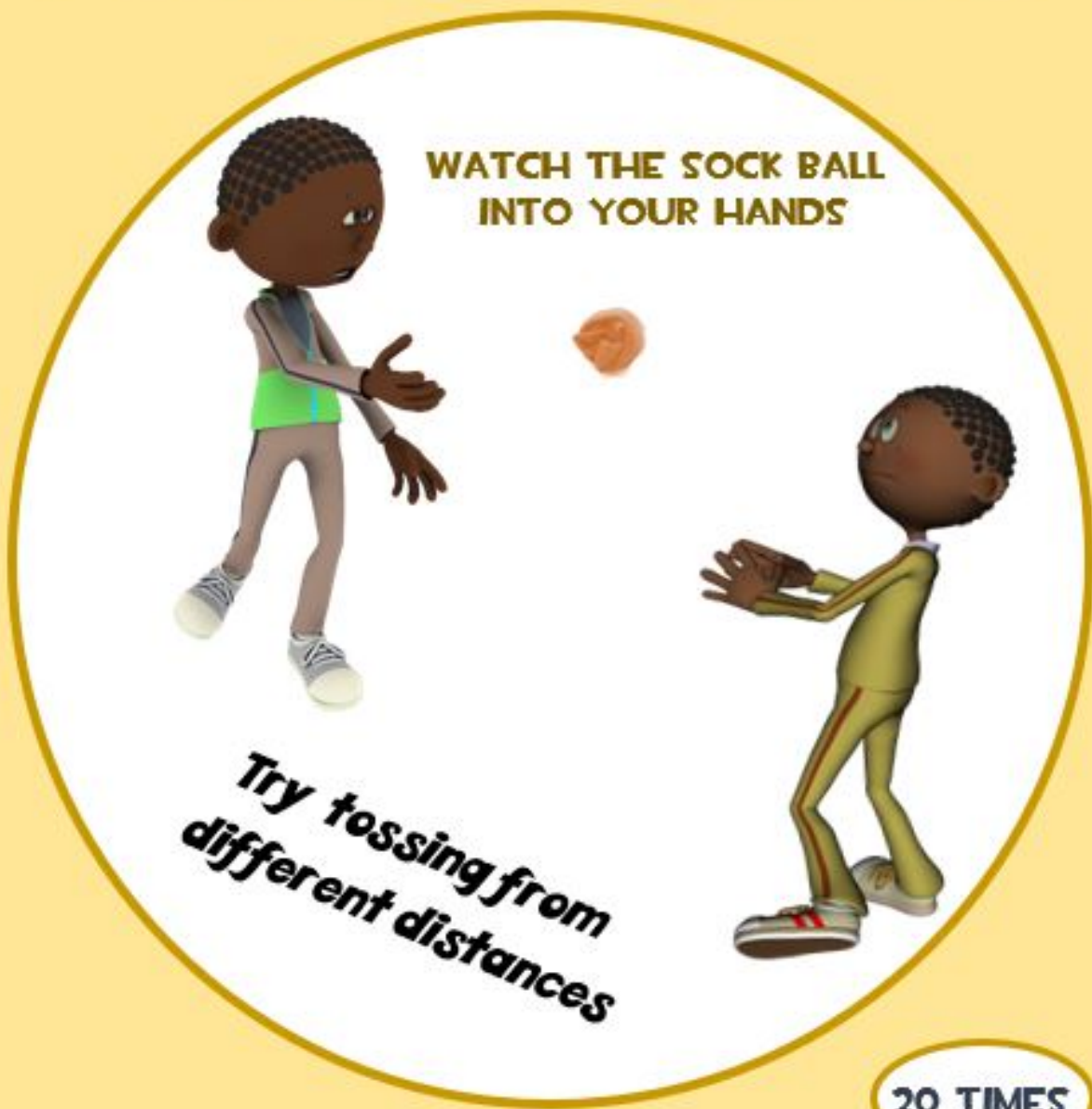
14 TIMES

Take 3 to 5 giant steps away from a partner holding an open bin. Work together to get the sock ball into the bin.

18

Home Toss and Catch

# PARTNER TOSS



20 TIMES

From a comfortable distance, toss and catch a sock ball with a partner.  
Try catching with 1 hand or 2 hands.

19

**Home Toss and Catch**

# DOUBLE TOSS

SAY 1, 2, 3 TOSS



Try catching  
using both hands

**20 TIMES**

From a comfortable distance, toss and catch with a partner using 2 sock balls. Toss the sock ball at the same time.

**20**

**Home Toss and Catch**

# FOOT TOUCH

***Toss  
Touch  
Catch***



**TOUCH  
EITHER FOOT**

**21 TIMES**

Toss one plastic bag up in the air and touch your foot before you catch it. Repeat the toss, touch and catch.

**21**

**Home Toss and Catch**

# LYING CATCH



WATCH THE  
BAG IN  
THE AIR



***Toss · Lie Down · Catch***

**16 TIMES**

Toss the plastic bag from a standing position and then lie down to catch it. Try tossing and catching while lying down.

# BEHIND BACK CATCH



16 TIMES

Toss the plastic bag up in the air and turn halfway around. Catch it behind your back with 1 hand or 2.

23

Home Toss and Catch

# JUMPING JACK



Toss the plastic bag up in the air and then do a jumping jack or multiple jumping jacks before catching it.

24

**Home Toss and Catch**

# MOVE AND TOSS



1 MINUTE

Travel around the room while you toss and catch a plastic bag. Be careful as you move around the room.

25

Home Toss and Catch

# INVENT A TOSS/CATCH



Invent some new ways to toss and catch one plastic bag. Be creative but safe with your movement.

26

Home Toss and Catch

# 2 BAGS, SAME HAND



Toss 2 bags up in the air, one from each hand. Catch the bags using the same hand you tossed them from.

27

Home Toss and Catch

# 2 BAGS, OPPOSITE HAND



Toss 2 bags up in the air, one from each hand. Catch each plastic bag using the opposite hand that you tossed from.

**28**

**Home Toss and Catch**

# CIRCLE RIGHT



**18 TIMES**

Toss 1 bag up with your right hand. Pass the 2<sup>nd</sup> bag to your right hand from your left hand and toss it up. Catch the 1<sup>st</sup> bag with your left hand. Repeat the motion.

**29**

**Home Toss and Catch**

# CIRCLE LEG



Toss 1 bag up with your right hand. Pass the 2<sup>nd</sup> bag to your right hand under your leg and toss it up. Catch the 1st bag with your left hand. Repeat the motion.

**30**

**Home Toss and Catch**

# CIRCLE BACK

PASS OVER  
THE 2ND BAG  
BEHIND  
YOUR BACK



*Toss up with  
right hand*

**16 TIMES**

Toss 1 bag up with your right hand. Pass the 2nd bag to your right hand behind your back and toss it up. Catch the 1st bag with your left hand. Repeat the motion.

**31**

**Home Toss and Catch**

# 2 BAG "X"

*Juggling  
cascade  
pattern*



MAKES  
AN "X"  
PATTERN

18 TIMES

Toss the plastic bags across your body, one bag at a time. Toss right, toss left, catch left, catch right.

32

Home Toss and Catch

# PARTNER FLOAT TOSS

MOVE TO THE BAG  
WHILE IT IS IN THE AIR



*Try tossing from  
different distances*

25 TIMES

From a comfortable distance, toss and catch a plastic bag with a partner. Try tossing and catching with either hand.

33

Home Toss and Catch

# DOUBLE PARTNER TOSS

*Say 1, 2, 3, toss*



**CATCH WITH  
THE OPPOSITE HAND  
YOU TOSSED FROM**

**22 TIMES**

From a comfortable distance, toss and catch with a partner using 2 plastic bags. Toss the bags at the same time.

**34**

**Home Toss and Catch**

# TOSS AND RUN

*Say 1, 2, 3, toss*



**15 TIMES**

Each partner should toss your plastic bag up in the air. Then run fast to take the place of your partner and catch their bag. Repeat.

**35**

**Home Toss and Catch**

# TOSS, TURN AND RUN

2 PLASTIC BAGS



14 TIMES

Face away from your partner. Toss your plastic bag up in the air. Turn quickly and run fast to take the place of your partner and catch their bag. Repeat.

36

Home Toss and Catch

# BOUNCE AND CATCH



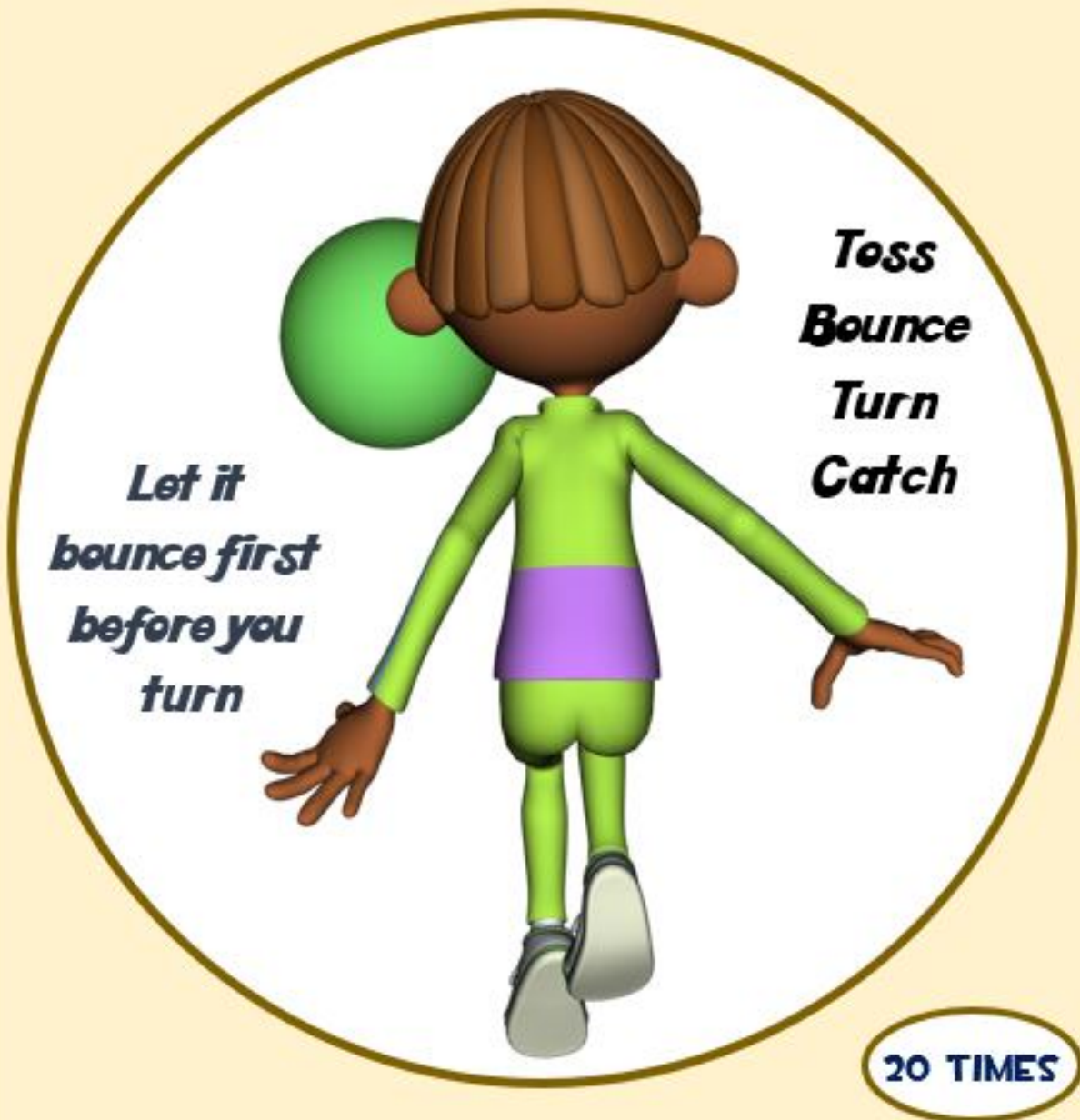
**22 TIMES**

Toss a ball in the air and let it bounce before you catch it. Toss with 2 hands and catch it with 2 hands or with just 1.

**37**

**Home Toss and Catch**

# TOSS-TURN-CATCH



Toss a ball in the air, let it bounce once and then turn around one revolution before you catch it.

# PARTNER BALL PASS

PASS FROM A  
COMFORTABLE DISTANCE



*Try some  
different kinds  
of passes*

**22 TIMES**

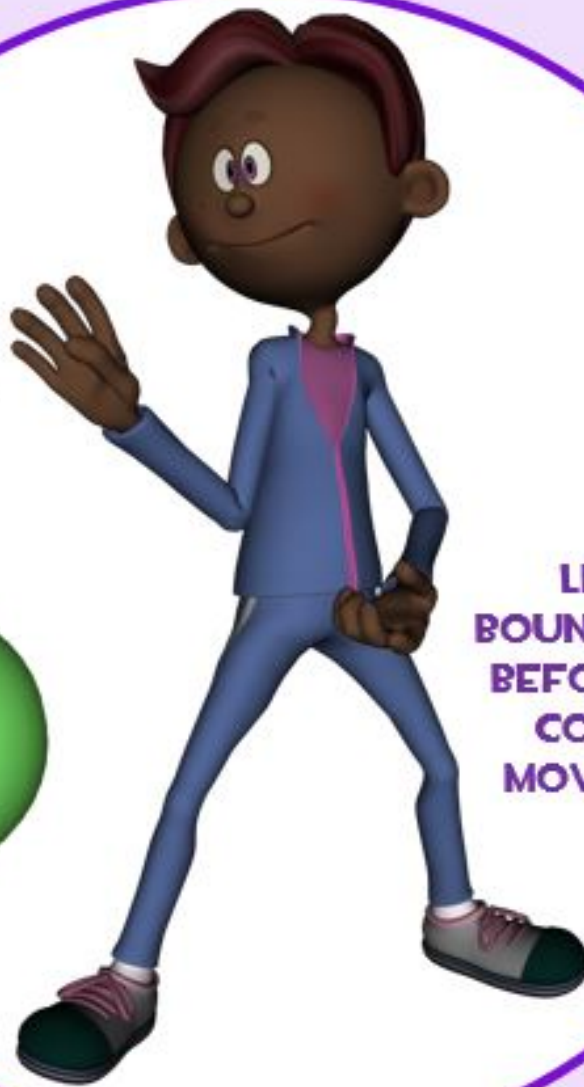
Pass a playground ball back and forth with a partner. Try using a basketball chest pass or a bounce pass.

**39**

**Home Toss and Catch**

# COMBINATION

***Toss***  
***Bounce***  
***“Move”***  
***Catch***



**LET IT  
BOUNCE FIRST  
BEFORE YOU  
COMBINE  
MOVEMENTS**

**16 TIMES**

**Toss a ball in the air, let it bounce once and then combine some movements like clapping, touching the ground and turning around before you catch it.**

**40**

**Home Toss and Catch**