

Derbyshire Playground Challenges 2009

Challenge 6: Reception, Year 1 & Year 2 – Drop & Catch

“How many times can you drop the ball on the floor and then catch it again before it bounces in 1 minute?”

Rules:

- Start with the tennis ball in your hands with arms stretched out in front of you
- Drop the ball on the floor and then try to catch the ball before it bounces on the floor again
- Use two hands to catch the ball
- Bend your knees

Points:

0 – 7 catches – 2 points
8 – 15 catches – 5 points
16 – 23 catches – 10 points
24 – 30 catches – 15 points
30+ catches – 20 points

Safety:

- Check equipment & surface
- Make sure that the challenge areas are coned off and there is enough space for pupils to do the challenges

Equipment:

- Stop Watches
- Tennis Balls
- Measuring Tape

Supervisor / Mini-Leader Roles:

- Counting & Scoring
- Recording Results
- Demonstrating Challenges
- Safety

Inclusion:

This challenge can be adapted in many ways, to suit the needs of all pupils.

E.g.

- To make it harder – use a smaller ball / drop the ball from a lower height
- To make it easier – use a bigger bouncier ball / drop the ball from a bigger height

If you need any additional support for inclusion ideas, please contact the Challenge Organiser

Derbyshire Sport 