

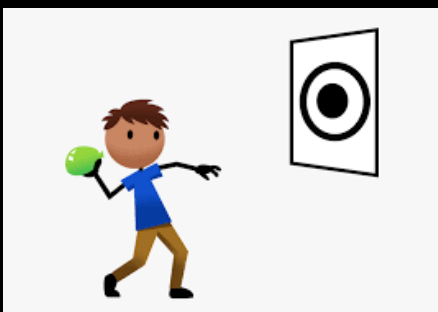


Reaction

The aim of this game is to react as quickly as possible by catching an object (e.g. soft ball, socks) before it touches the floor

- 1) You can play this game by yourself or with a partner
- 2) If playing by yourself throw the object against a wall and catch it without touching the floor
- 3) If playing with a partner one will throw the object and the other will try and catch it without touching the floor

Simplify



Progression

- Use a bigger object to catch with
- Use two hands to catch

- Catch two objects at the same time
- Stand further away from the wall/partner

#StayHomeBeActive