

Catching Challenge – Move It & Prove It Name _____

“Body Look Fors”

toss at least to highest reach - eyes on the ball – knees bent - palms up – catch near waist

Success Balls

Level	Challenge	Criteria	Self	Peer	Teacher
1	Toss & Catch with 2 hands	10 X IAR			X
2	Toss & Catch with right hand	10 X IAR			X
3	Toss & Catch with left hand	10 X IAR			X
4	Scoop Juggle Toss & Catch	10 X IAR			
5	Toss, clap 5 times & catch	2 X IAR			X
6	Toss, turn 360' & catch	1 X IAR			
7	Figure 8 toss & catch	10 X IAR			

Bean Bags

Level	Challenge	Criteria	Self	Peer	Teacher
8	Toss & Catch with 2 hands	10 X IAR			X
9	Toss & Catch with right hand	10 X IAR			X
10	Toss & Catch with left hand	10 X IAR			X
11	Scoop Juggle Toss & Catch	10 X IAR			
12	Toss, clap 5 times & catch	2 X IAR			X
13	Toss, turn 360' & catch	1 X IAR			
14	Figure 8 toss & catch	10 X IAR			

Juggling Ball

Level	Challenge	Criteria	Self	Peer	Teacher
15	Toss & Catch with 2 hands	10 X IAR			X
16	Toss & Catch with right hand	10 X IAR			X
17	Toss & Catch with left hand	10 X IAR			X
18	Scoop Juggle Toss & Catch	10 X IAR			
19	Toss, clap 5 times & catch	2 X IAR			X
20	Toss, turn 360' & catch	1 X IAR			
21	Figure 8 toss & catch	10 X IAR			

Beanbag or Juggling Ball

Level	Challenge	Criteria	Self	Peer	Teacher
15	Alternate behind the back – over the shoulder	10 X IAR			
16	Alternate behind the back – over the shoulder – under the leg	16 X IAR			
17	Alternate behind the back – over the shoulder – under the leg – standing in a large hoop – smooth – no hesitations	16 X IAR			

* IAR = In A Row