

COLANDER CATCH



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

A silly version of catch, which will put your co-ordination skills to the test.

You'll need a colander or bowl and a soft ball (or sock balls). The aim is to catch the ball in the colander - however you must hold the colander on your head at all times. This means you won't see the ball as it lands, so you'll need to use your prediction skills to work out where is best to stand to catch the ball.

Ask a family member to throw the ball really high into the air. Work out where the ball will land and move to be underneath it. How many can you catch in 10 goes? Make the game trickier by adding obstacles to dodge or multiple balls in one go. Make it into a water game, by using water bombs instead of balls!

Ask a grown-up to take a photo or video of you playing colander catch and share it with your BB group or post on social media using #BBatHOME.

WHAT YOU'LL NEED

- Colander or Bowl
- Soft Ball or Sock Ball

NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate any contact with the BB group and/or share on social media.