

# SKILL CHALLENGE

## NETBALL

### THE CHALLENGE:

Throw a ball up into the air, spin around and then catch it.

Make sure the area is safe (you may get dizzy)

### TIME:

You have 30 secs to catch the ball as many times as possible

### SCORING:

You score 1 point for each catch you make.

Please send your scores into your teacher.

Teachers please send results into [kieram@strideactive](mailto:kieram@strideactive) by 4pm on the 5th February

**THROW!**

**SPIN!**

**CATCH!**