

# STRICTLY COME CATCHING

## LEARNING OUTCOME:

- Explore different throwing and catching techniques.
- Track on object in flight.

## EQUIPMENT:

- Tennis ball (if you don't have one, use a rolled up pair of socks!)

## SPACE:

- Ideally this would be done outside but can be done indoors.

## ACTIVITY:

- Throw the ball as high up in the air as you can
- Get creative and perform your best dance moves
- Successfully take the catch!

Bronze (Basic Brew) – let the ball bounce twice before catching

Silver (Super Serve) – one bounce

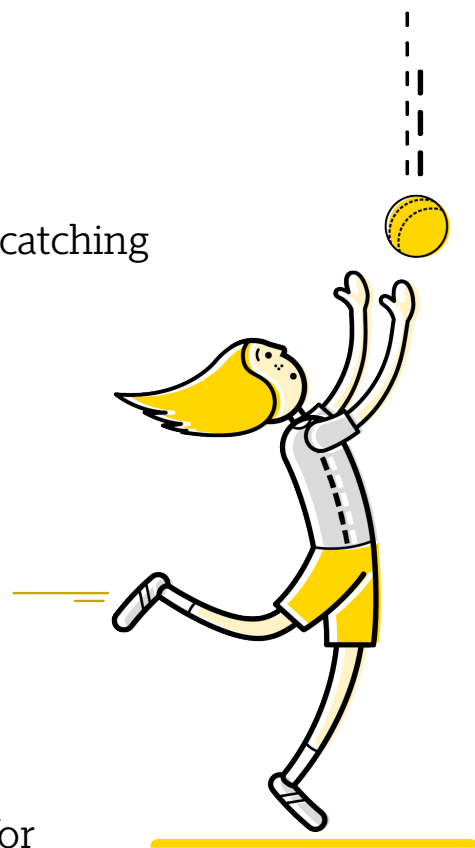
(Yorkshire) Gold – no bounces

## KEYS TO SUCCESS:

- Watch the ball all the way into your hands
- Create a big surface area with your hands to take the catch

## WIN PRIZES:

- Every day we have **2x Year's supply of Yorkshire Tea** and **2x set of Chance to Shine equipment** up for grabs, just send us in your best efforts on social media (details below) using #NationalCricketWeek and we'll pick our favourites to win! (UK residents only, Judge's decision is final)



**CHANCE TO SHINE**  
Spreading the power of cricket

