

Haktive at Home

Throwing and catching can be lots of fun even by yourself.

If you don't have a ball, fold together a pair of socks.

Set yourself little challenges - how many can you do in 1 minute or how long does it take to do 30.

These are a starting point, you will come up with lots of your own challenges.
“..every little bit of activity will help their well being and yours.”

Haktive Throw and Catch - 1 person

1. Throw the ball in the air and catch it. Bounce the ball on the floor and catch it - change hands.

2. Throw ball in the air and clap hands before you catch it. Can you increase the number of claps? Or clap in front of you or behind you.

3. Throw the ball in the air, spin around and catch it.

4. Throw the ball up with one hand and catch it in the other hand - switch over.

5. Throw the ball up, lean forwards and catch it behind your back.

6. Keep bouncing the ball on the floor - change hands, 1 hand then the other, then both. Walk around area and keep bouncing then try to jog.

7. Make a target on a piece of paper or use a tin or a teddy, throw your ball at the target. Place it high and low and move further away from it to make it more challenging.



Have fun with it



Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

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