

# Haktive at Home

Throwing and catching can be lots of fun especially if there is more than one person to play with.

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 - 2 people

1. Throw the ball in the air to each other, vary the height, distance and power of the throw.

2. Throw the ball in the air to each other but move around the space so throws have to be accurate. Pass and move.

3. Using 2 balls, (1 each) at the same time, throw to each other.

4. Pretend the ball is a hot potato so you have to pass it quickly.

5. Throw and catch with one hand, then the other, then alternate between left and right.

6. One person stands in the middle (feeder), other person moves around the circle as if it is a clock face or compass. The feeder calls a number (time) or compass bearing (north east) and the other person moves to that spot to receive the ball.

7. Dinosaur game (T-Rex) - Throw and catch like a dinosaur. Keep your elbows close to the sides of your body and try to throw and catch - it's very silly and funny.



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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