**Throwing Challenge**



**Your challenge is to beat Ms Sweeney at throwing!**

1. Watch the video!
2. Pick up a ball (or any round item from home)
3. Throw the ball up high above your head.
4. Clap your hands as it is in the air.
5. Count how many times you can clap, before catching the ball.
6. How many did you get? Record your score and keep trying to beat it!

**Ms Sweeney did so well and clapped 6 times (almost 7)! Send in your results now 👍**