

## Week of April 27<sup>th</sup> – May 1<sup>st</sup> – “Catching/Receiving”

This week theme is "Catching" - for 30 minutes each day play toss & catch with yourself, a friend, family member, etc. Get out and throw/catch - frisbee, football, baseball/glove, tennis ball, bean bag, scoops and balls, lacrosse, basketball, pair of socks, etc.

Really focus on being soft with your hands to catch, bend your knees & elbows and keep your eyes on the object right into the hands. Games that can be played with someone such as **CATCH** (each drop is a letter), first one to spell CATCH loses.

