Catch 100

Pupils scrunch up their paper into a ball. The aim of the activity is to throw and catch the paper ball 100 times, but after every 10 throws the pattern has to change. This can be done individually or in pairs, with one pupil throwing and catching and the other keeping count.

Equipment:
One recycled/used A4 sheet of paper per pupil

- Throw and catch 10 times with **both hands**.
- Throw with and catch with **one hand** 10 times, then swap hands.
- Throw with the **right**, catch with the l**eft** 10 times, then swap.
- Throw and **clap once** before catching, 10 times.
- Throw and **clap twice** before catching, 10 times.
- Throw and **tap shoulders** before catching, 10 times.
- Throw and **tap thighs** before catching, 10 times.
- Throw and **spin around** before catching, 10 times.

TOP TIP **Encourage pupils to come up with their own ideas for throwing patterns.**

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **patterns** and **data**. You might like to try the below activities.

Primary Language Curriculum

Strand: Writing
Learning Outcome: (3) Conventions of print and sentence structure

- Challenging pupils to create their own throwing patterns and write down the instructions clearly (procedural writing genre).

Maths

Strand: Data
Strand Unit: Representing and interpreting data

- Tracking how many times the paper bal is dropped for each pattern. Then construct and use frequency charts or tables to display results individually and overall for whole class.