



5-15



6+



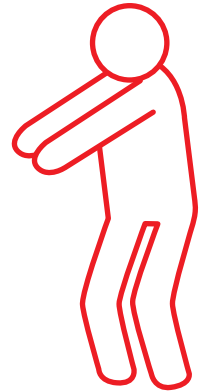
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**Materials needed:** Bean bag (or similar)

# Play Break 5: Can you catch it?

**Catch, with a twist**



## How to do the activity?

1. Grab a buddy or even three and stand 3 m/9 ft apart and warm up by throwing a bean bag (or something similar like a small ball or a pair of socks) to each other. Throwing underarm works well!
2. Now introduce the following two rules. When the thrower shouts the number 1, the bean bag must be caught with your right hand, with your left foot out. And if they call out the number 2, the bean bag has to be caught with your left hand, with your right foot out.
3. Start throwing again calling out "ONE" or "TWO" just before you throw.
4. When you are comfortable with calling numbers 1 and 2 it's time to add new rules: numbers 3 and 4. The number 3 means catching with the right hand with the right foot forward. Number 4 means left hand – left foot. Start throwing the bean bag again but watch your step as this can get very tricky!
5. Why not make it a competition? See how many perfect throws and catches you can make in a row without dropping the bean bag.

## Was it too difficult?

Move closer to each other or wait a second between calling the number and throwing the bean bag.

## Was it too easy?

Move farther away or give the catcher less time by calling out after throwing. Call out "GRASS" instead of green or "TOMATO" instead of red. Add more rules or change the rules!



## Play Agent Play Tip

Let the LEGO® Play Agents guide you through the activity in this video



## What will you do next?

Go here for more activities from the LEGO® Play Agents

This activity is great for training your concentration and quick reflexes.