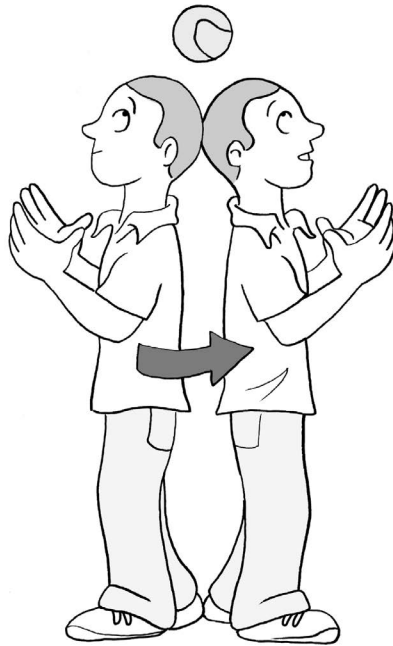


3. *Mirror, mirror*



Challenge

Children should prepare themselves to throw the ball above their head, before rotating their bodies 180° to catch the ball in a mirror-image of their starting position.



Tip

Movement of the legs and body should take place after the initial throw and prior to the ball being caught.

Development

Encourage the children to rotate a full 360° if deemed appropriate, or use a line to transcend; increasing the distance between throwing and catching positions.