

Get up &
go!

How to play

This game is played indoors or outdoors.

You can play with another person or by yourself.

Throw the ball to each other and try and not let it hit the floor.

If you're playing by yourself, throw the ball in the air and try not let it hit the floor.

A point is awarded if you drop the ball. Write it on your paper, which is now your scorecard.

The winner is the player with the least number of points. If you are playing on your own, try to beat your best score.

Playing fun games like catch are easy ways to make a small change to your lifestyle that will make a big difference over time!

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TWEAKS
TO MAKE A DIFFERENCE

Equipment

A ball, pen and paper.

Catch