

Name of exercise	Eyes-open-closed-catch
Description of exercise	<p>Begin facing your partner, 5m apart, with one ball between 2</p> <p>Learner 1 tosses the ball to learner 2 with a two handed action, and with the ball travelling with a 'soft rainbow' flight line</p> <p>Learner 2 watches the ball until it has covered half of the distance from learner 1 then closes their eyes before catching the ball</p> <p>The key to success is to watch the ball very carefully in the initial stages of its flight, then use the information you have gathered to predict where the ball will be when you catch it.</p> <p>You then place your hands in the spot you have calculated, and catch the ball</p>
Key themes that this exercise can support	Coordination and focus of attention
Emphasised at	Second and Third Levels
Appropriate for	Second – Fourth levels