

Parent-child Physical Games

Game 5

Catch the Towel



How to Play

- 1 Get two towels of different colours and tie a knot in the middle of each of them
- 2 Facing away from the child, the parent tosses the towels backwards and calls out the colour of one towel
- 3 The child has to catch the towel of the instructed colour



Objectives

- 1 To improve agility
- 2 To improve throwing and catching skills

Modifications

- 1 Toss the towels in different directions
- 2 Use more towels. Call out two colours while tossing the towels

Equipment

Towels of different colours