Players line up in 2 equal lines facing one another. One line throws their juggling object as high as possible and then runs to a designated line behind them. Each person’s partner tries to catch the object before their partner reaches the line. (Play in pairs.)

What you need
- 1 juggling object per pair
  e.g. scarves, plastic shopping bags (easier), bean bags, juggling balls or juggling rings (harder)

What to do

SETTING UP:
- Arrange the players into 2 even lines approximately 2 metres apart, facing each other, making sure each player is facing their partner.
- Each pair has a juggling object.
- Each line chooses a team name.

PLAYING:
- Call the name of one of the teams.
- The members of that team throw their juggling object straight up as high as possible and then run to their designated line.
- Each player’s partner tries to catch the object before their partner reaches the line.

Scoring
- A point is scored each time a player makes it to the line before their partner catches the juggling object.

Safety
- Check there is enough space between each pair.
- Make sure players run in a straight line when running to the line.

LEARNING INTENTION:
How high? is a simple energetic and fun activity that teaches proper throwing and catching technique and helps develop hand-eye coordination.