CATCHING CATERPILLAR
Split players into teams.
Teams ten split into two groups that face each other in a line arms length apart and 2m from other half behind the start line.
Ball thrown in a zig zag along the team. once player has thrown the ball they run to the end of the caterpillar arms length from end player.
Team with all players over finish line first wins.

EASIER/HARDER
Increase/decrease distance between the lines.
Change object being caught.
If ball dropped team has to start again.
Ball can be rolled rather than thrown.