

# JUMVI

## Missions Book

30 safe missions for Toss & Catch Paddle Set (Kids 3–8)

### Quick Safety Rules

- Throw below face level.
- Keep 1–3 meters distance.
- Gentle throws only (no hard throws).
- Adult supervision recommended.

# How to use this book

Pick a mission, read the steps, and play safely. After finishing, mark Done and write the date. Use the packs to mix skills: reflex, aim, focus, teamwork, and indoor-safe play.

## Packs (6 missions each)

- Reflex Rush — 6 missions
- Aim Master — 6 missions
- Focus Control — 6 missions
- Team Duo — 6 missions
- Indoor Compact — 6 missions

## Reminder

If a mission feels too hard, step closer and slow down. Keep throws gentle, especially indoors. Stop if anyone feels tired or upset.

01

**Flash Catch**

Done ■ Date \_\_\_\_\_

Reflex Rush • Easy • 45s • Players: 2 • Age: 3+

**Steps**

1. Stand 2 meters apart.
2. Quick gentle throws only.
3. Count clean catches.

**Win**

Most catches in 45 seconds wins.

**Parent Tip**

Go slower for younger kids.

**Safety**

Keep throws below face level.

02

**Go / Stop Catch**

Done ■ Date \_\_\_\_\_

Reflex Rush • Easy • 60s • Players: 2-3 • Age: 4+

**Steps**

1. Throw only when someone says "GO".
2. Freeze when someone says "STOP".
3. Continue until timer ends.

**Win**

No drops during STOP = bonus point.

**Parent Tip**

Great for attention + control.

**Safety**

Freeze means no throwing.

03

**Clap-Then-Catch**

Done ■ Date \_\_\_\_\_

Reflex Rush • Medium • 60s • Players: 2 • Age: 6+

**Steps**

1. Throw gently.
2. Catcher claps once, then catches.
3. Switch roles after 10 throws.

**Win**

10 clean catches each wins.

**Parent Tip**

Start with slow throws.

**Safety**

If it feels hard, remove the clap.

04

**Switch Hands**

Done ■ Date \_\_\_\_\_

Reflex Rush • Medium • 90s • Players: 2 • Age: 6+

**Steps**

1. Catch with right hand.
2. Next catch with left hand.
3. Alternate every throw.

**Win**

First to 12 clean catches wins.

**Parent Tip**

Builds both-hand coordination.

**Safety**

Keep distance steady.

05

**Freeze & Catch**

Done ■ Date \_\_\_\_\_

Reflex Rush • Easy • 60s • Players: 2 • Age: 4+

**Steps**

1. After each catch, freeze 2 seconds.
2. Then throw back softly.
3. Repeat.

**Win**

No moving during freeze = win.

**Parent Tip**

Simple indoor/outdoor game.

**Safety**

No running.

06

**Echo Count**

Done ■ Date \_\_\_\_\_

Reflex Rush • Easy • 60s • Players: 2 • Age: 3+

**Steps**

1. Throw and say the number aloud.
2. Catcher repeats the number.
3. Then throws back.

**Win**

Reach 15 without mistakes.

**Parent Tip**

Adds memory + focus.

**Safety**

Stay calm if mistakes happen.

07

**Center Hit**

Done ■ Date \_\_\_\_\_

Aim Master • Easy • 90s • Players: 2 • Age: 3+

**Steps**

1. Aim for the middle of the paddle.
2. Soft arc throws.
3. Switch after 10 throws.

**Win**

Most center hits wins.

**Parent Tip**

Start closer for younger kids.

**Safety**

No hard throws.

08

**Landing Zone**

Done ■ Date \_\_\_\_\_

Aim Master • Easy • 90s • Players: 1-2 • Age: 4+

**Steps**

1. Imagine a circle in front of you.
2. Throw so the ball lands in it.
3. Catch after the bounce (optional).

**Win**

5 clean landings wins.

**Parent Tip**

Great in a hallway/yard.

**Safety**

Bounce is optional.

09

**Distance Ladder**

Done ■ Date \_\_\_\_\_

Aim Master • Medium • 120s • Players: 2 • Age: 5+

**Steps**

1. Start 1 meter apart.
2. After 3 clean catches, step back 1 step.
3. Keep going.

**Win**

Farthest distance wins.

**Parent Tip**

Smooth, gentle arcs only.

**Safety**

Stop if throws get wild.

**10 Two-Step Throw**

Done ■ Date \_\_\_\_\_

Aim Master • Medium • 90s • Players: 2 • Age: 6+

**Steps**

1. Take one step forward.
2. Throw softly.
3. Step back and repeat.

**Win**

10 clean throws wins.

**Parent Tip**

Adds body control.

**Safety**

Keep below face level.

**11 Slow Arc**

Done ■ Date \_\_\_\_\_

Aim Master • Easy • 90s • Players: 2 • Age: 3+

**Steps**

1. Throw high and slow.
2. Catcher waits calmly.
3. Catch with both hands if needed.

**Win**

10 slow catches wins.

**Parent Tip**

Perfect for younger kids.

**Safety**

No rushing.

**12 Corner Aim**

Done ■ Date \_\_\_\_\_

Aim Master • Medium • 120s • Players: 2 • Age: 6+

**Steps**

1. Pick a 'corner' area of the paddle.
2. Aim there every throw.
3. Switch corners after 5.

**Win**

Most correct-corner hits wins.

**Parent Tip**

Hard mode for older kids.

**Safety**

Keep throws gentle.

**13 Quiet Round**

Done ■ Date \_\_\_\_\_

Focus Control • Easy • 120s • Players: 2 • Age: 4+

**Steps**

1. No talking challenge.
2. Slow throws only.
3. Count with fingers silently.

**Win**

12 clean catches without talking.

**Parent Tip**

Great for calm focus.

**Safety**

Stop if someone needs a break.

**14 Slow Motion**

Done ■ Date \_\_\_\_\_

Focus Control • Easy • 120s • Players: 2 • Age: 3+

**Steps**

1. Move slowly like a turtle.
2. Throw slowly.
3. Catch slowly.

**Win**

No drops in 2 minutes.

**Parent Tip**

Fun + safe indoors.

**Safety**

No sudden runs.

**15 Eyes on Ball**

Done ■ Date \_\_\_\_\_

Focus Control • Easy • 90s • Players: 2 • Age: 3+

**Steps**

1. Catcher says "I SEE IT".
2. Throw gently.
3. Catcher catches and repeats.

**Win**

Reach 15 clean catches.

**Parent Tip**

Builds tracking skill.

**Safety**

Keep distance stable.

16

**Breathe Catch**

Done ■ Date \_\_\_\_\_

Focus Control • Medium • 120s • Players: 2 • Age: 6+

**Steps**

1. Breathe in while waiting.
2. Breathe out while catching.
3. Then throw back.

**Win**

10 calm catches in a row.

**Parent Tip**

Adds calm control.

**Safety**

If dizzy, stop.

17

**Mirror Moves**

Done ■ Date \_\_\_\_\_

Focus Control • Medium • 120s • Players: 2 • Age: 6+

**Steps**

1. One player does a small pose.
2. Other copies it.
3. Then throw and catch.

**Win**

Copy + catch 8 times wins.

**Parent Tip**

Funny + focused.

**Safety**

Keep poses simple.

18

**Count to Ten**

Done ■ Date \_\_\_\_\_

Focus Control • Easy • 90s • Players: 2 • Age: 3+

**Steps**

1. Count every clean catch.
2. If you drop, restart.
3. Try again.

**Win**

Reach 10 clean catches.

**Parent Tip**

Classic confidence builder.

**Safety**

No stress, just retry.



19

**Circle Pass**

Done ■ Date \_\_\_\_\_

Team Duo • Medium • 180s • Players: 3-6 • Age: 4+

**Steps**

1. Make a small circle.
2. Pass to anyone (not same person twice).
3. Keep it gentle.

**Win**

Complete 2 full minutes with no drops.

**Parent Tip**

Perfect party mode.

**Safety**

Keep space between kids.

20

**Relay Pass**

Done ■ Date \_\_\_\_\_

Team Duo • Medium • 180s • Players: 4+ • Age: 5+

**Steps**

1. Make two lines (two teams).
2. Pass down the line.
3. Last player goes to front.

**Win**

First team to 20 passes wins.

**Parent Tip**

Keep throws low.

**Safety**

No running if indoors.

21

**Captain Calls**

Done ■ Date \_\_\_\_\_

Team Duo • Medium • 150s • Players: 3+ • Age: 6+

**Steps**

1. One captain chooses the next target.
2. Captain says a name.
3. Throw to that person.

**Win**

No wrong throws in 2 minutes.

**Parent Tip**

Great listening practice.

**Safety**

Captain must be kind.

**22 Team Save**

Done ■ Date \_\_\_\_\_

Team Duo • Medium • 180s • Players: 3-5 • Age: 6+

**Steps**

1. If a ball drops, another player 'saves' it.
2. Resume immediately.
3. Keep count.

**Win**

10 saves total wins.

**Parent Tip**

Use soft balls only.

**Safety**

No diving on hard floors.

**23 Partner Swap**

Done ■ Date \_\_\_\_\_

Team Duo • Medium • 180s • Players: 4+ • Age: 6+

**Steps**

1. Play 6 catches with a partner.
2. Then swap partners.
3. Repeat.

**Win**

Most clean swaps wins.

**Parent Tip**

Keeps everyone included.

**Safety**

Swap calmly, no pushing.

**24 2v2 Mini Match**

Done ■ Date \_\_\_\_\_

Team Duo • Hard • 240s • Players: 4 • Age: 7+

**Steps**

1. Two teams of two.
2. Each team tries 10 clean catches.
3. Miss = restart that team's count.

**Win**

First team to 10 wins.

**Parent Tip**

Keep it friendly.

**Safety**

Stop if too competitive.

**25 Sitting Catch**

Done ■ Date \_\_\_\_\_

Indoor Compact • Easy • 120s • Players: 2 • Age: 3+

**Steps**

1. Sit on the floor or a chair.
2. Short throws only.
3. Catch with both hands.

**Win**

15 clean catches wins.

**Parent Tip**

Perfect for small spaces.

**Safety**

No standing jumps.

**26 Doorway Distance**

Done ■ Date \_\_\_\_\_

Indoor Compact • Easy • 90s • Players: 2 • Age: 4+

**Steps**

1. Stand 1 meter apart.
2. Throw softly.
3. No stepping forward.

**Win**

12 clean catches wins.

**Parent Tip**

Safe indoor rule.

**Safety**

Keep balls away from lamps.

**27 Silent Catch**

Done ■ Date \_\_\_\_\_

Indoor Compact • Easy • 120s • Players: 2-3 • Age: 4+

**Steps**

1. No talking challenge.
2. Soft throws only.
3. Count with fingers.

**Win**

No drops for 2 minutes.

**Parent Tip**

Calm + fun.

**Safety**

Take breaks if needed.

**28 Wall Assist (Solo)**

Done ■ Date \_\_\_\_\_

Indoor Compact • Medium • 120s • Players: 1 • Age: 6+

**Steps**

1. Stand 1 meter from a wall.
2. Throw gently to wall.
3. Catch the return.

**Win**

10 clean wall catches.

**Parent Tip**

Adult checks surroundings.

**Safety**

Use a soft throw only.

**29 No-Run Rule**

Done ■ Date \_\_\_\_\_

Indoor Compact • Easy • 120s • Players: 2 • Age: 3+

**Steps**

1. Both players keep feet planted.
2. Soft toss only.
3. Catch and return.

**Win**

20 clean catches wins.

**Parent Tip**

Safe default mode.

**Safety**

If it gets wild, slow down.

**30 Tiny Target**

Done ■ Date \_\_\_\_\_

Indoor Compact • Medium • 120s • Players: 2 • Age: 6+

**Steps**

1. Aim for the center.
2. Short throws.
3. Switch after 10.

**Win**

Most center hits wins.

**Parent Tip**

Great skill drill.

**Safety**

No hard throws indoors.