

DON'T DROP THE BALL



GET ACTIVE



10 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Throwing and catching a ball might seem easy - but can you do it under pressure? How many throws & catches can you complete in 60 seconds?

Stand opposite a family member, leaving a gap of roughly 1.5 metres. How many times can you throw and catch the ball between you without dropping it? Set a timer for one minute and record your best score.

This activity can be tried multiple times to see if you can get a better score. Count a point for every time the ball is caught.



WHAT YOU'LL NEED

- Tennis Ball (or similar)
- A Family Member



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Make sure the space you are using is appropriate, so you don't cause any damage. Share the best score with your BB group or post on social media using #BBatHome.