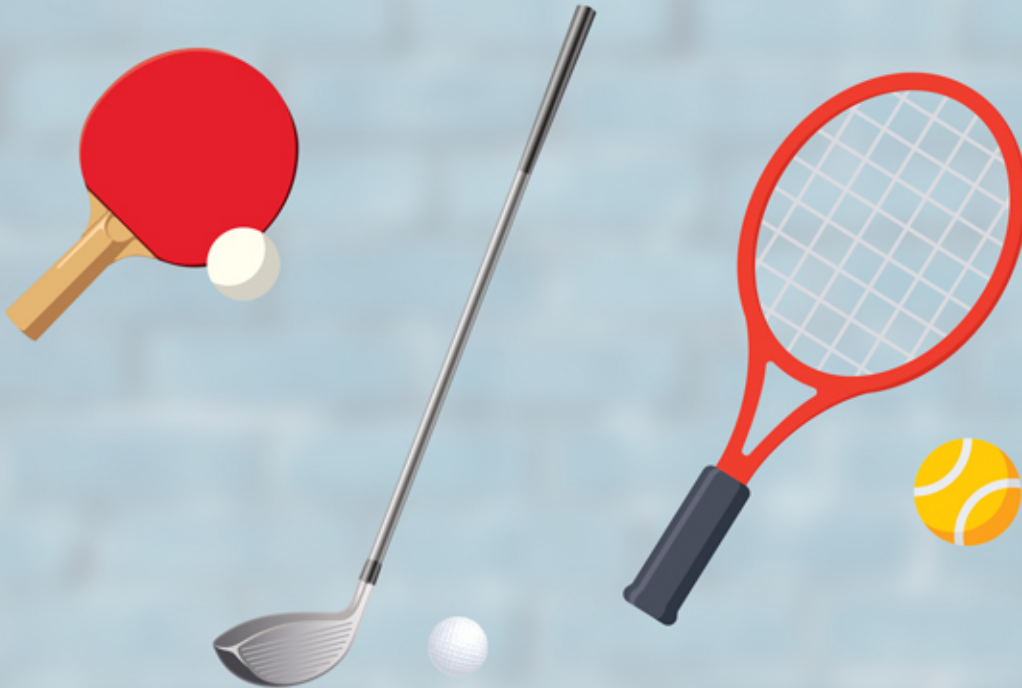


# KEEP IT GOING



GET ACTIVE



20 MINUTES



IN THE  
CUPBOARD



## GETTING INTO THE ACTIVITY

A fun and active challenge which will test your ball control and hand-eye coordination skills.

For this activity you'll need a ball and a bat/racket. You could use a tennis racket, hockey stick, golf club, table tennis bat, cricket bat or so on along with the appropriate ball for that sport. Your job is to keep the ball bouncing on the bat/racket/club for as long as you can.

However to make it more difficult, whilst keeping the ball bouncing on the bat/racket/club you also need to be on the move. To do this you could try to make your way through the house or even set up an obstacle course to go through whilst keeping the ball bouncing. How far can you travel whilst keeping control of the ball? Each attempt is over once the ball hits the floor.

Share a picture or video of you completing the challenge with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Ball
- Bat / Racket / Club etc



## NOTES FOR PARENTS & CARERS

Please ensure the space used for this activity is appropriate. An adult should initiate any contact with the BB group and/or share on social media.