

USE YOUR HEAD



GET ACTIVE



15 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

Challenge a family member to a sports race with a difference - dribbling with your head.

Set up some obstacles on the floor for you to weave through. You'll need two lanes, one for you and one for your family member. Both people will need a ball and take part on their hands and knees. On go, both players must dribble the ball through the obstacles, using just their head - no hands or feet allowed! The person who takes the ball all the way through the course and back again is the winner. Why not set up a knockout tournament with your whole family and crown your household champion.

Compete in more sports races with other young people across the UK this bank holiday weekend, by joining The Boys' Brigade's 'Unite & Cumbrae Camp at Home' sports session on Saturday 23rd May at 1pm. For more information check out <http://www.unitebb.org.uk> and share photos/videos using #UnitedInLockdown.



WHAT YOU'LL NEED

- Ball
- Obstacles



NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.