

WASHING BASKETBALL



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

A competitive challenge for the whole family to get involved with.

Place your washing basket a few metres away from a throwing line. You have 45 seconds to throw as many laundry items into the washing basket as you can. However, all the clothes you throw you must be wearing at the start of the challenge, so you'll need to be wearing multiple layers of clothing. You must keep one layer of clothes on at all times. You score a point for every item in the basket after 45 seconds.

Check out James Corden completing the challenge and explaining the rules here - <https://youtu.be/6GrvfFbB5Rw>

Give it a try and then challenge family members to beat you. Take a video of your washing basketball challenge and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Clothes, Hats, Shoes etc
- Washing Basket
- Timer



NOTES FOR PARENTS & CARERS

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