

BALL ON A WALL



GET ACTIVE



10 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

A challenge to see how many times you can bounce a ball against a wall without it dropping.

Find a suitable wall which you can throw a tennis ball against. We recommend an outside wall away from a window. You will need to stand 1.5 metres away from the wall.

Throw the ball against the wall and then catch it.

Repeat this and see how many times you can catch the ball without dropping it, in one minute. If you drop the ball then you'll need to start that attempt again. Try it a number of times to see if you can improve your score.

Ask a grown-up to take a video of your best attempt and share it with your BB group or post on social media using #BBatHOME.

WHAT YOU'LL NEED

- Tennis Ball (or similar)

NOTES FOR PARENTS & CARERS

Advise where they should do this activity to avoid any breakages, etc. An adult should initiate any contact with the BB group and/or share on social media.