



Keepy Uppy Challenge



Find any ball in your household to use for this one, if you don't have a ball be creative - roll of socks, scrunched up paper, toilet roll etc.

Using any part of your body, all you have to do is try to keep your ball in the air for 30 seconds. If you want to work together with somebody else in your household, you can.

For a simple version, you could use a balloon (if you have one), or you could allow the ball to bounce between each touch.

For more of a challenge, keep the ball in the air just using your feet/legs.

For the **ultimate** challenge, use a tennis ball and keep it in the air for 30 seconds, only using your feet/legs.

