

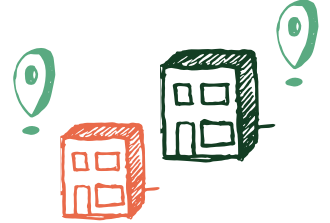


BUCKET BASKETBALL

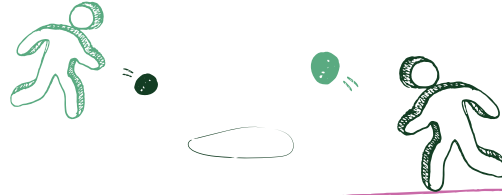
Can you get a slam dunk?



A-Z



HOW TO PLAY GOOD LUCK!



- > Get a bucket or large bowl and something small to throw like a small toy
- > Put the bucket or bowl on the floor and walk back 10 steps
- > Try and throw the ball in the bucket!
- > How far away from the bucket can you get and still get it in?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Bucket or large bowl
- > Small object to throw (like a soft toy)



REMEMBER This can be fun for all the family!



SAFETY...

Make sure there's plenty of room!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



CHALLENGE!

Can you make a slam dunk from one end of the room to the other?



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

