

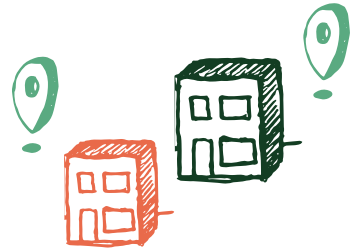


KEEPY UPPY FOOTBALL

Don't let that ball drop!



A-Z



HOW TO PLAY LETS GET ALIVE AND KICKING!



- > Roll up some socks or get a toilet roll or a ball
- > See how many times you can keep the 'ball' up in the air with your feet (or hands!)
- > You could share videos of professional footballers who have been doing this

SUITABLE FOR: Ages 6-14

TAKES: 20-40 minutes



YOU WILL NEED:

- > Socks, toilet roll or a ball



REMEMBER

You can see how many times you can keep the 'ball' in the air with someone else in your family!



SAFETY...

Make sure you have enough space to move



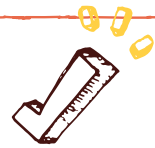
Why not try?

- > 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!

See if you can do it for 10 seconds without dropping it on the floor!



ju:MP@HOME



For more fun activities visit:
JUMPATHOME.ORG

