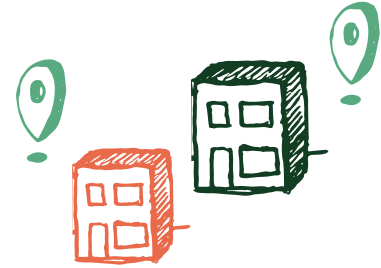




# TENNIS BALL IN TIGHTS

Skip-a-Dee-Doo-Dah!

A-Z



## HOW TO PLAY GET SKIPPING!

- > Place a tennis ball, or small ball in a pair of tights
- > Tie the tights loosely around one ankle
- > Skip over the ball as it swings around your ankle as many times as you can

**SUITABLE FOR:** Ages 6-14

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Tennis ball or small ball
- > Tights



**REMEMBER** This can be fun for all the family!



### 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

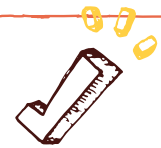
### SAFETY...

Careful when skipping – make sure there's plenty of room!



### CHALLENGE!

Try to reach 30 skips in a row!



ju:mp@home



For more fun activities visit:  
**JUMPATHOME.ORG**

