

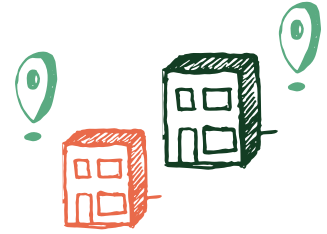
# PING PONG



A-Z

Can you be the best?

## HOW TO PLAY LET'S PING PONG!



- > Stand in one place
- > Grab your bat (book) and ball (balloon)
- > Place the book near your belly button (that's your balance point)
- > Balance your balloon on the book for as long as you can
- > Lift your free arm in the air while you balance the balloon on the book
- > Lift one foot in the air while you balance the balloon on the book
- > Can you lift both your free arm and one foot in the air together while you balance the balloon on the book?
- > Next try and bounce the balloon and keep it up in the air as long as you can
- > How many bounces can you do?
- > Can you turn the book over and use your back hand to keep the balloon in the air?
- > Can you switch from forehand to backhand by twisting the book over each time the balloon is in the air?
- > Can you keep the balloon in the air using the edge of the book?
- > Next place your salt and pepper pots on a table quite far apart from each other
- > Use the book as your bat to push the bottle top between the two goal posts
- > Make the space smaller between the two goal posts
- > Can you still push the bottle top through?
- > How small can you make the goal posts and still get your bottle top through?

### 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

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



### YOU WILL NEED:

- > Table space
- > Something to use as a bat  
e.g. a book
- > Something to use as a ball  
e.g. a balloon
- > Bottle top
- > Salt and pepper pots



### SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



### REMEMBER

You can do this alone or in pairs and hit the balloon or bottle top to one another across a table!



### ★ CHALLENGE!

Try bouncing the balloon and keeping it up in the air using parts of your body as well as the bat!



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**JUMPATHOME.ORG**

