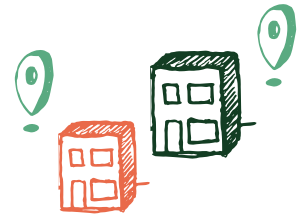




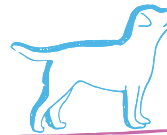
# WALL BALL

Can you do all of the activities?



## HOW TO PLAY

### WALL BALL



- > Throw a ball against the wall and catch it, with an added challenge each time!

Throw and catch it x 6

Throw let it bounce and catch it bounce x 5

Throw the ball under your leg and catch it x 4

Throw a ball clap and catch it x 3

Bounce it on the floor to the wall and catch x 2

Throw the ball turn around and catch it x 1

**SUITABLE FOR:** All ages

**TAKES:** 20-40 minutes



### YOU WILL NEED:

- > A ball and a wall

### SAFETY...

Be sure to find a suitable and safe place to play like your street or in the park



### REMEMBER

This is an activity everyone can get involved in!

### Why not try?

- > **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 #Bringbackoutdoorplay



# ju=MP FUN DAYS