

# STAY ACTIVE AT HOME



## BALL HANDLING ACTIVITIES

### Activity 1

#### Around the World

Step 1: Stand straight, legs shoulder width apart and ball in front of your tummy.

Step 2: Using your hands and fingers you will move the ball around your body. This will be from your tummy, around to your back and back to your tummy again. This counts as 1 point.

See how many times you can go around your body in 1 minute.



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### Activity 2

#### Side to Side Sock

Step 1: Roll up a pair of socks

Step 2: Hold the socks in one hand.

Step 3: Throw the sock to the other hand and catch it (Think about how high you want the throw to be)

Step 4: Then throw to the other hand and repeat.

1 point for every catch. You have 1 minute to complete as many catches as you can.



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### Activity 3

#### Treasure Run

Step 1: use a ball shaped item (Ball, Socks rolled up, Orange etc). This is your treasure you cannot drop this!

Step 2: Your job is to stay away from the Pirate. This can be who ever you live with at home.

Step 3: The pirate will chase you. This will put you off. You must never let go of the treasure.

Step 4: If the Pirate gets you just play on. Count how many times you drop the ball in 1 minute.

The lower the score, the better you did.

