

Netball at Home

Create a 20-minute session by choosing your favourite activities from below

Fitness Activities:



Running



Skipping



Star Jumps



Fast Feet



Cone Touches



Hopping



Walking



Sit ups

Other Activities:



Ride your bike



Create an obstacle course at home



Put on some music and dance



Jump on a trampoline

Netball Activities:



Pass a netball with someone or against a wall



Throw the ball in the air, clap and then catch it



Dodge through some obstacles



Practice shooting - aim for the sky!



Juggle the ball (throw ball from left to right hand)



Wrap the ball around your body



HAVE FUN!

