

COMPLETE
THE MASCOT CHALLENGE

WEEK 3 BOUNCING



Complete **EACH** activity before moving on!

ACTIVITY

1

Throw the ball into the ground and try and make it bounce above your head then catch it on its way back down with one hand.

ACTIVITY

2

Throw the ball into the ground, make the ball bounce up and catch it with two hands with your palms facing down.

ACTIVITY

3

Throw the ball into the ground and push the ball back down without catching it. Try to keep the ball bouncing by pushing it to the ground five times in a row.

ACTIVITY

4

Throw the ball into the ground and push the ball back down without catching it. Now try to move around, keeping the ball bouncing and under control for 10 seconds.

FANTASTIC

YOU HAVE NOW COMPLETED
THE MASCOT BOUNCING CHALLENGE!

