

Challenge Card 4

Equipment



Sporting Challenge

See how many times you can keep your ball of socks in the air without them touching the floor.

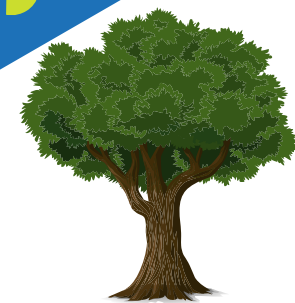
Additional Challenge

Try holding the book with only one hand. For an extra extra challenge try using a smaller ball of socks.

Teaching points

- Keep your eyes on the ball
- Keep moving with the ball
- Keep your knees bent and feet shoulder width apart

Health Challenge



[Watch the video here](#)

Can you spend 5 minutes outside today and spot some nature in your garden

