

WR SPORTS PE LARGE BALL CHALLENGE

For all of these you need a football, or a large ball!

	Mon	Tues	Wed	Thur	Fri
Ball Balance					
Wall Volley					
Keep Up					
Ball Balance 2					
Bottle hit					
Ball Move					
Follow the Leader					
F-O-O-T-B-A-L-L					

Be sure to fill in the table with your results!

1. **Ball Balance** – Try to balance the ball on the back of your neck for as long as you can, see how long you can do and put the time in the table above! To make it harder try moving around while doing it!
2. **Wall Volley** – Start with the ball in your hands, then kick the ball against the wall as many times as you can without the ball touching the floor!
3. **Keep Up** – Keep up challenge where the aim is to do as many keepy ups as you can without the ball touching the floor. 1 minute see how many you can do!
4. **Ball Balance 2** – This time instead of trying to balance the ball on your neck you must balance it on your foot. See how long you can do it for and put the time in the table!
5. **Bottle Hit** – Set up a bottle and take 10 big steps away again. Aim is to try and hit the bottle in as few hits as possible! To make it harder make the bottle smaller!
6. **Ball Move** – Start in one room of your house and the aim of the game is to move the ball from the room you're in into another room. However, you CANNOT use your hands or feet to do it!
7. **Follow the leader** – This time you need to work with someone. One of you starts with a ball and the other person will call out something. E.g. Touch the wall. You would then have to dribble the ball and touch a wall in your house. Got to be quick though, only have 1 minute to touch as many things as you can!
8. **F-O-O-T-B-A-L-L** – Working with someone again, you both need a ball. One person goes at a time to do a trick with the ball. If the other person cannot do the trick in 3 attempts then they get a letter of football. First person to spell football loses.