



Ball to Wall

The aim of the game is to throw two objects (tennis ball, basketball, bean bag, socks) anything you have around the house and throw up against a wall

- 1) Stand as far or as close as you like to the wall
- 2) Throw the object with you right hand
- 3) Catch the object with your left
- 4) Once you have caught the object remember to move it to your right hand ready to throw again



Simplify

- Stand closer to the wall
- Catch just one ball

Progression

- Clap catch
- Throw both objects at the same time

#StayHomeBeActive