

Rugby ball handling challenge

- Pass the rugby ball around your head. Passing the ball from hand to hand. – 5 times in each direction.
- Pass the rugby ball around your waist. Passing the ball from hand to hand. Keeping your waist as still as possible. 5 times in each direction.
- Pass the rugby ball around your knees or shins. Feet close together and slightly bend knees. Passing the ball from hand to hand. 5 times in each direction

Extra challenges

Try different types of balls such as a tennis ball or basketball to see if this makes it harder or easier. Can you go 10 times in each direction without dropping the ball?

Equipment

Rugby ball, football, tennis ball or use something soft like a balloon, cuddly toy or toilet roll.

