

Slam Dunk

- Get some bowls or cups and place them around the room or garden. Make sure they are not breakable.
- Get some balls. You can use rolled up socks or scrunch up some paper.
- Try and get the balls into the cups, how good is your aim?
- You can challenge one another if you have enough players for teams.



Change & Challenge

- You can make it trickier by stepping further and further away from the bowls.
- Mix it up a little by writing a letter on a piece of paper and placing it in each cup. Once the ball has landed in the cup the letter can be removed. The challenge is to get all the letters and make up the hidden word.

