Hands and Feet

You will need : your hands, your feet and a ball ( or a rolled up pair of socks or paper)

What to do:

1. Find a comfortable place to lie down on your back. This can be inside or out.

2. Put the ball between your feet and see if you can pass the ball to your hands by moving your legs towards your hands

3. Can you repeat this the other way ( hands to feet) .

4. Keep trying until you manage 4 without dropping the ball

Lying on your back – Can you pass the ball to a partner using hands and/or feet?

How many times can you pass the ball between hands and feet in 1 minute?

Still lying back- can you throw the ball from your hands and catch it with your feet?

Still lying back-can you throw the ball from your feet to your hands?

If you missed, what did you think about before your next throw?

How did you feel when you were successful?