

Ball and Bounce Challenges

Level 1 ★ K-Yr1

1. Complete 5 bounce and catches with 2 hands.
2. Complete 5 bounce and catches balancing on 1 leg.
3. Complete 5 bounce and catches touching your head after each bounce and before you catch the ball.
4. Complete 5 bounce and catches touching your knees before you catch.
5. Complete 5 bounce and catches clapping your hands before you catch.
6. Complete 5 bounce and catches whilst running, hopping, skipping or jumping.



Hi boys and girls, I hope you are all keeping active. Try these basketball challenges to keep developing your skills and fitness!! See what level you can reach!!

Ms Phillips



Level 2 ★ ★ Yr2-3

1. Complete 10 bounces with Right Hand.
2. Complete 10 bounces with Left Hand.
3. Complete 10 bounces swapping hands each time.
4. Bounce walking fwds for 10 steps.
5. Bounce walking bwds for 10 steps.
6. Bounce moving side to side for 10 steps.
7. Bounce whilst running for 10 steps.
8. Bounce 1 hand whilst hopping, skipping or jumping.

Level 3 ★ ★ ★ Yr4-Yr6

1. Bounce LH RH for 10 whilst balancing on 1 leg, swap legs.
2. Bounce 10 with 1 hand whilst balancing on 1 knee and 1 foot, then 1 knee 1 hand, 2 knees 1 hand, 2 feet 1 hand, then 1 foot 1 hand.
3. Bounce RH with LH touching opposite R shoulder and swap hands after every bounce.
4. As for challenge 3 with hands swapping and touching opposite knee.
5. As for challenge 3 with hands swapping and touching opposite ankle,
6. Complete 3,4, 5 without stopping with 4 bounces on each.

