



BLOW UP BALL CHALLENGES



For these challenges you will need the blow up ball (from this pack) and some household objects.

The activities can be played on your own or with friends.

The activities range from easy to hard, and some have challenges you can do to make them harder.



EASY

MEDIUM

HARD

In association with:





Move With Mencap



KEEPING THE BALL IN THE AIR

STEP 1:

Make some space in
your room or garden



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EASY

STEP 2:

With the ball, count how many keepy
uppies you can do with your right hand
in 60 seconds.



STEP 3:

With the ball, count how many keepy
uppies you can do with your left hand
in 60 seconds.



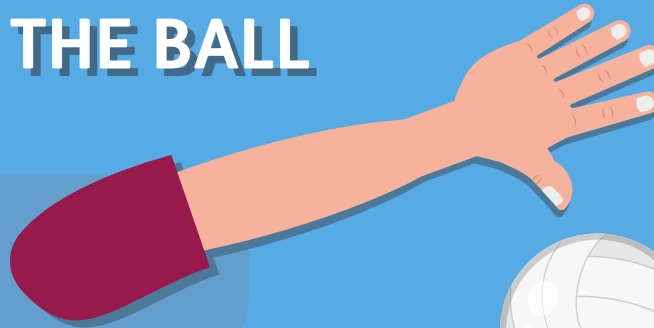
Challenge yourself further:

- Keep the ball in the air and keep swapping between your left and right hand.
- Try and complete 40 keepy uppies in 60 seconds.
- If you really want to challenge yourself, try using your feet to keep the ball up.

BALANCING THE BALL

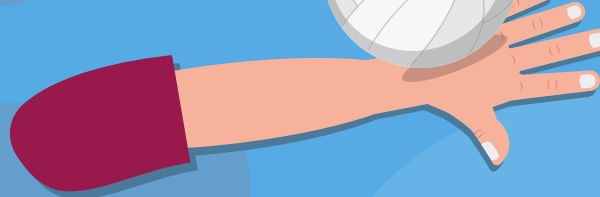
STEP 1:

Hold your arm out as straight as you can.



STEP 2:

Balance the ball on the back of your hand on your outstretched arm.



STEP 3:

Can you walk the full length of your front room and back without dropping the ball?



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EASY

Challenge yourself further:

- Balance the ball on your other hand.
- Try walking up the stairs balancing the ball.
- If there is space, try and jog the length of the room while balancing the ball.

OBSTACLE COURSE

STEP 1:

Identify 7 household objects in your house of different sizes.



MEDIUM

STEP 2:

Put the objects you have chosen into a line or track round your room or garden.



STEP 3:

Can you walk round your obstacle course balancing the ball on the back of your hand?



Challenge yourself further:

- Set a time to try and complete the course in.
- See if your friends can beat your time.
- Try the same obstacle course but try keepy uppies to keep the ball in the air.

TARGET PRACTICE

STEP 1:

Stick your 6 post it notes onto a wall. Do not put them too close to each other.

Some things you need before you start: Get 6 post it notes, write 10 on two, write 20 on two and 50 on two.



STEP 2:

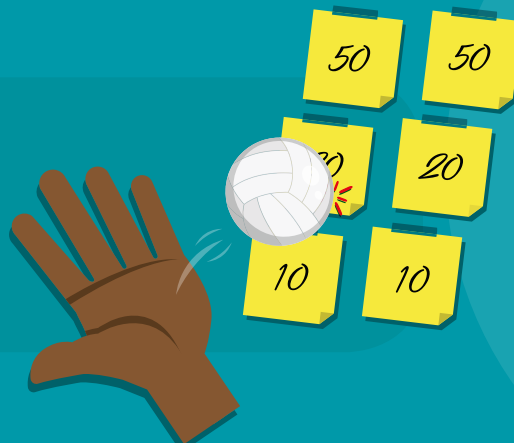
Take 3 large steps away from the wall.



60 seconds

STEP 3:

You have 60 seconds to throw the ball at the targets, see how many points you can score!



Challenge yourself further:

- Take 7 large steps away from the wall.
- Challenge a friend.
- Add more post it notes to the wall. You could even add some with minus points.



MEDIUM

FRONT ROOM VOLLEYBALL

STEP 1:

Make some space in your front room or garden and line up some cushions on the floor.

STEP 2:

You and your partner need to sit down either sides of the cushions.

STEP 3:

Use your hands to hit the ball over the cushions.

STEP 4:

To score a point, the ball must hit the floor on your opponents side. First to score 10 points.

Some things you need before you start: For this game you will need cushions and a partner.



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HARD

GET THE BALL IN THE BASKET

STEP 1:

Make some space in your front room or garden.

STEP 2:

Put the basket at one end of your room and take 5 large steps away from the basket.

STEP 3:

You get 5 attempts to throw the ball into the basket. How many times did you get the ball in basket?

Some things you need before you start: You will need an empty washing/laundry basket.



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HARD

Challenge yourself further:

- Can you use 1 hand to throw?
- Move the basket further away.
- Challenge your friends to play, beat the amount of times they get the ball into the basket.