

The Ball Bounce Shuttle Challenge

The Challenge

How fast can you bounce a ball through a shuttle run 6 times?

- Place a marker on the ground.
- Take 6 large steps and place the other marker directly opposite.
- Start at one end, run and bounce the ball at the same time.
- When you get to the other end turn and repeat.
- How fast can you run through the shuttle run 6 times whilst bouncing the ball?

- Always have adult supervision.
- Make sure the surface is flat.
- Make sure there are no obstructions.
- Make sure the ball is not too heavy.

What you need:

- 1 x ball
- 2 x markers
- 1 x timer

