

The Keepy Uppy Challenge

The Challenge

Try to keep the ball in the air as long as possible.

- Stand holding the ball in front of you.
- Throw the ball in the air. When it falls back down use the hand or feet to hit the ball back up in the air.
- The aim is to keep the ball off the ground for as long as possible.
- Use the timer to time how long between throwing the ball the first time to when it finally touches the ground.

- 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
- 1 x timer

