



7 Ball Challenge



Use any ball! If you complete the challenge with one ball, try it with a different one. Which one was more difficult? Why?

Level 1: Throw the ball up in the air, let it bounce and then catch it. Repeat 7 times.

Level 2: Throw the ball up in the air and catch it. Repeat 6 times.

Level 3: Bounce the ball on the ground 5 times and then catch it. Repeat 5 times

Level 4: Throw the ball up in the air, clap and then catch it. Repeat 4 times.

Level 5: Throw the ball under one leg and up in the air before catching it. Repeat 3 times.

Level 6: Throw the ball up in the air, do a 360 degree turn, let it bounce and then catch it. Repeat 2 times.

Level 7: Throw the ball up in the air, do a 360 degree turn and catch it, without letting it bounce.

- Once you have completed it, challenge yourself to do it without making any mistakes. If you drop it, you have to go back to level 1 again!
- Can you make up some more difficult levels?