

# Sevens Ball Game

You will need a ball.

Practise your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.



7

Throw the ball up in the air, let it bounce once and catch it.

Complete 7 times.



6



Throw the ball up in the air and catch it, without a bounce.

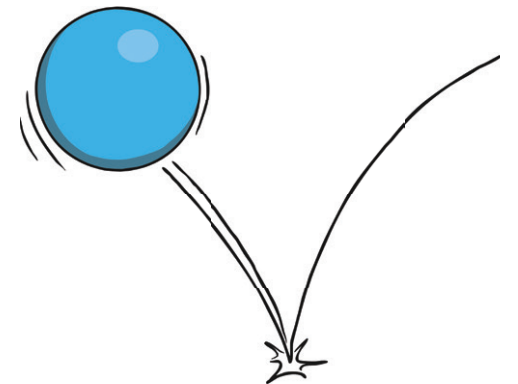
Complete 6 times.



5

Bounce the ball on the ground five times and catch it.

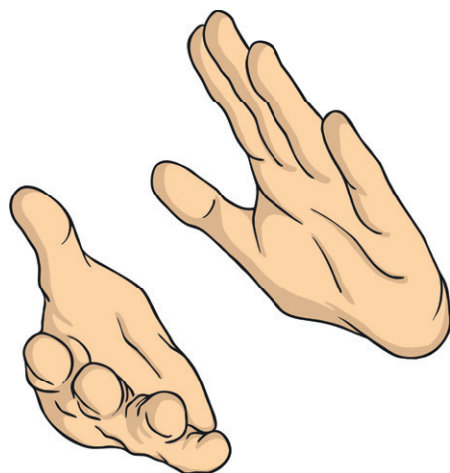
Complete 5 times.



4

Throw the ball up in the air, clap once and catch it.

Complete 4 times.

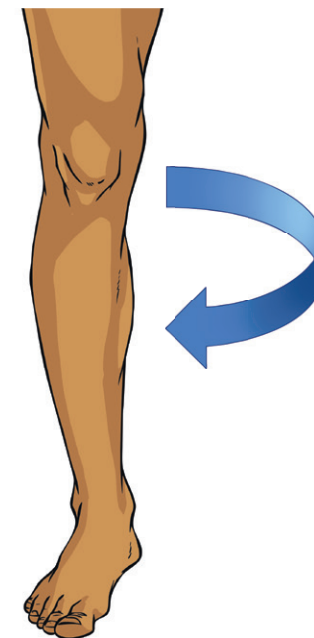


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3

Throw the ball under one leg, up in the air and catch it.

Complete 3 times.



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2

Throw the ball up in the air, do a 360° turn, let the ball bounce once and catch it.

Complete twice.



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1

Throw the ball up in the air, do a 360° turn and catch it, without a bounce.

Complete once.



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