



# Instructions

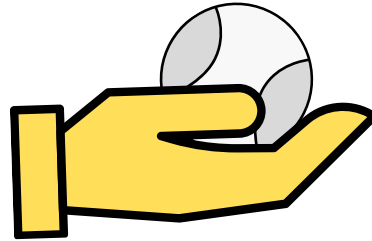
## Active Challenges

### 1. Keepie-Uppies!

Balance a ping-pong ball on the flat palm of one hand, try to bounce the ball between your two hands (flat palms) without dropping it!

To make it harder try using just one hand.

Even harder... try with the top of your feet instead!

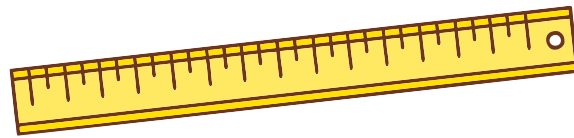


### 2. Cups!

For this challenge, you'll need a plastic cup as well as your ping-pong ball.

Place the cup either on the floor or on a table. You then need to try to throw the ping-pong ball into the cup from a distance. Try throwing it 10 times and see how many you get in! Move further away from the cup to make it harder if you need to!

### 3. Goal!



Lay the cup on it's side on a flat surface. Try to flick the ball in. If this is easy, try moving the cup further away. Or try getting the ball in without touching it e.g. blowing it across the table, or wafting it with paper!

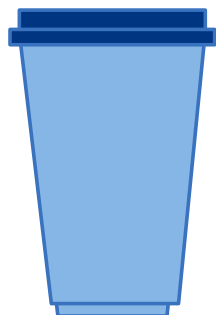
### 4. Trick shots!



Can you get the ball to bounce into the cup? Try one bounce first, then two!

Can you bounce the ball off another surface first e.g. the table, the wall or a book?

Why not come up with your own tricks?!



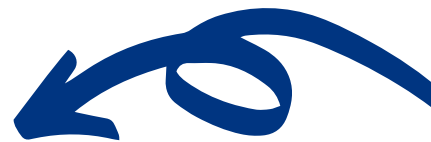
# Balloon Challenges!



**1.** How Long can you keep the balloon off the floor for? You can't hold it in your hands for more than 3 seconds at a time!  
What if the balloon isn't allowed below your knees? Or below your waist?

**2.** Without carrying the balloon, can you get it from one side of the room to the other?  
What's the lowest number of hits you need to get the balloon across the room?  
Can you get the balloon across the room without touching it at all?

**3.** How many headers can you do with the balloon?  
Try once and count, then try and beat your own record!



**4.** Put your arms up and out in a T shape. With the balloon starting in 1 hand, can you roll the balloon up your arm across your body to the other arm without using your hands?

**5.** How long can you balance the balloon on your head for?  
What about on one finger?

How about on your nose?

Time yourself and try to beat your own record!

