

Challenge  
Card 3

# Personal Challenges



## Ball Bounce Catch!

How many times can you bounce the ball on a spot and catch it and without the

Have you improved your score over 10

How will this help me?

My counting skills which will help me in my maths.

Develops hand-eye coordination. Good for sports such as netball, cricket and

What else could I try?

Too easy? Try catching the ball with alternate hands or clap between catches!

Too hard? Try

What do you need to record?

The number of bounces you make on the ground without dropping the ball.

Now you're ready!

Equipment

Stop-watch  
Tennis ball  
Spot

Your Sports Ambassador should be ready with the stop-

