

Haktive at Home

Week 10

Balls, Balls, Balls...Use a variety of sized balls if you have them or some balled up socks. Always watch the ball.

Remember to throw and catch with both your left and your right hand.

"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day

1. Roll a ball along the floor and then catch up with it and pick it up and run back to the start. Vary the power of the roll and so speed. If playing with 2, one rolls and chases then throws back and the other repeats.

2. Throw the ball high in the air - try to clap your hands, turn around, touch the floor, do heads, shoulders knees and toes before you catch it again.



3. Throw the ball over your head and backwards a bit, turn and catch after the bounce. If you can, try to catch it before it bounces.

4. Kick a ball from one foot to the other, walk then run, put your foot on top of it and drag it back, changing direction and continue. Start slow and get quicker.

5. Get permission to do this first, but find some wall where you can rebound a ball. Try underarm, catch it after a bounce then before it bounces. This really requires working out how hard to throw the ball and where to be stood to receive it. Try bouncing the ball on the floor to hit the wall then catch it. For more challenge have a ball in each hand and do one hand then the other, then try throw, catch sidestep(one hand), throw catch return(other hand). For more challenge again have your hands up by your shoulders and repeat above (depending on the wall space you have).

6. Do keepy uppies with a flat palm of your hand, changing hands and turning your palm over. Can use a ball or balloon.

7. Hand tennis - lay a line of markers across the middle of a playing space, with a flat palm bat the ball over the line, if your partner can't return it you win the point. You can make up your own scoring systems. You can always do it inside with balloons too which is fun.



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