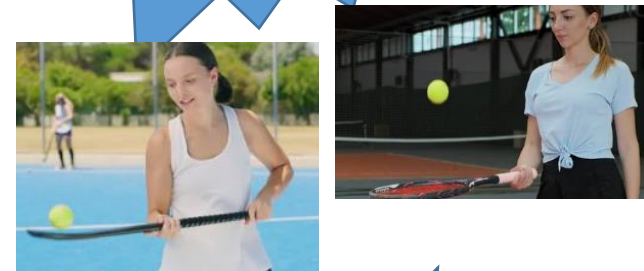


KEEPY UP CHALLENGE

Challenge yourself to perform keepy- uppies for 15 minutes every lunchtime in January. Can you increase your daily total as you improve?

How many keepy uppies can you do using a soft ball and your hand, a hockey stick, a cricket bat or a tennis racket?

Try changing the type of ball you are using



Bounce / Kick / Catches
How many times can you:

- bounce the ball
- kick the ball
- catch the ball?

Don't forget to try using both feet!



Can you keep a balloon up in the air for 60 seconds without it touching the ground?



Send us photos or videos of your challenge ideas to sspadmin@combertonvc.org or share them on the SSP Facebook or twitter page



Active Play – Keepy Up Challenge

Vid's to inspire your kids!

<https://www.youtube.com/watch?v=A7tOuuZPA24>

Dan Magness – football freestyler

<https://www.youtube.com/watch?v=LRcQzT1jIVQ>

Toilet roll keepie uppies!

<https://www.youtube.com/watch?v=731cgckkmGw>

An eleven year old girl raising money for key workers.

https://www.youtube.com/watch?v=ba6k_Xyl-8k

Jack Grealish's casual keepie uppies!

<https://www.youtube.com/watch?v=uY9Un3brXEM>

Shin keepie uppies world record!

