



Healthy
Cities
Australia

Active At Home. Bounce Ball!

Choose some of these activities to play on your own, with your family or friends OR make up your own active games. Remember, the most important thing is that you enjoy **active play for 60 minutes a day!**



1. Hot Potato

Aim to keep the ball off the ground using your hands. This is the form of a volleyball shot. Treat it like a hot potato. See how many times you can hit it before it hits the ground.

Too hard? Try this:

Catch and pass the ball each time rather than hitting it. Aim to make this as fast as possible and build up to hitting each time.

Too easy? Try this:

Call out the letters of the alphabet as you hit the ball. If the ball hits the ground start again at the letter A. Try to get to Z as quickly as possible.

With others?

Throw the ball to each other alternating your throwing and catching hands.

2. Double Bounce

Find a concrete area next to a wall. Hit the ball so that it bounces on the ground and then bounces off the wall. Then repeat.

Too hard? Try this:

Allow the ball to bounce twice before you hit it again or try to catch the ball every time it comes back to you.

Too easy? Try this:

Switch hands each time the ball hits the wall or try some trick shots (around the back, through the legs). Mark an X on the ground with some chalk and try and get the handball to hit the X each time before hitting the wall.

With others?

Bounce the ball to each other against the wall alternating your catching and passing hands.



3. Handball Dribble

Crouch down with the ball in your hand. Bounce the ball keeping your hands below the level of your knees. Bounce with your left hand and then once with your right hand, keeping everything below your knees.

Too hard? Try this:

Bounce the ball keeping your hands below the level of your hips.

Too easy? Try this:

Hit the ball twice with your left hand and then twice with your right hand. Once you can do this, bounce the ball on the second hit between your legs and keep it going with the other hand. Make sure you keep this below your knees.

With others?

Bounce to a partner and back while keeping the ball below the level of your hips or knees.

Healthy People. Healthy Cities.