**Home Challenge**

With a partner, play ‘Follow my Leader’, passing the ball round different body parts.

With a partner, take turns to name a body part and then have a race to pass the ball around that body part a set number of times.

With a partner, have a race passing the ball around different body parts a set number of times.

With different friends, try leaning back and taking your partner’s weight. Start by sitting and then move to standing when you are ready.

Practise counter balancing with a partner, leaning out and then waving to each other with a free arm. Move to changing arms, following each other as you wave both quickly and slowly.

Practise counter balancing with a partner and, when leaning out, try making different body shapes.

With a friend, create a game that involves throwing and catching against a wall.

With a friend, create a game that involves sending and receiving to each other. Start off with easy challenges and then find ways to make it harder.

With a friend, create a game that involves striking a ball against a wall with your hands.

See if you can throw a ball up in the air and, before catching it, turn around, clap 5 times, turn around and clap 5 times.

See if you can throw a ball up in the air, sit down and stand up again before you catch the ball. Then see how many times in a row you can do it.

Be creative and see what other things you can do after you have thrown a ball in the air and before you catch it.