



KEEPY UPPY

Ages 5+ | Individual | 1+ Players

AIM OF THE GAME



- ▶ To keep the ball up in the air using a variety of different methods or body parts for as long as possible.

EQUIPMENT



- ▶ Can be played with an appropriate ball for the space being used. Could use a balloon or scrunched up paper to make a safe ball to play the game indoors.

HOW TO PLAY



- ▶ Within a safe area, start by throwing up the ball in the air and try to keep the ball up in the air as long as possible. Shout out the number of times the ball is hit. If the ball touches the ground, the game starts over.

GAME VARIATIONS



1. Use a different size or weight of ball to play with. This may include table tennis ball, tennis ball, football, or other household objects like a used yogurt pot, drinks bottle, balloons or a pair of rolled up socks.
2. Challenge yourself to only use certain body parts to keep the ball up, recording your scores for each. For example only using right or left hands, only using the back of your hand or use any part of your body except your hands.
3. Make up a sequence based on body parts that hit the ball.
4. Add additional challenges to perform after each time you hit the ball, for example clap your hands, stamp your feet or even touch the floor with hand or knee.
5. The game could also be played with a partner or in small groups with each person taking it in turns to hit the ball and using some of the above challenges.