

# TRAIN IT THURSDAY: BALLOON KEEPY UPPY



You can do this activity by yourself or with a partner.  
You will need a balloon, beach ball or crumpled up paper.

This is a Sitting Volleyball activity so make sure your bottom stays on the floor all the time!

Count how many times you can keep hitting the ball in the air whilst sitting on the floor.

Time yourself for 2 minutes and record the longest rally. If the item touches the floor start again from 0.

Have a rest and try again to beat your score!

Too easy? Try it with your weaker hand.



#HSGDAILYCHALLENGE