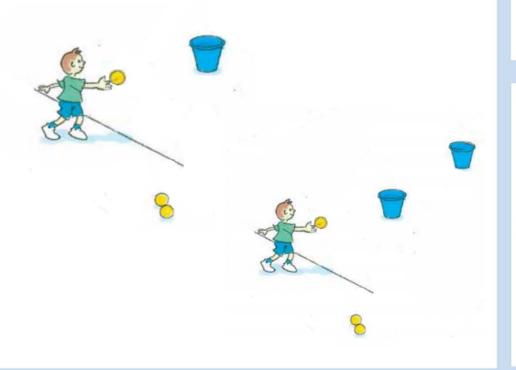
# NSW School Sport – GetActive@Home

## Ball in the bucket

# Activity

### On your own

- Use chalk (or a ruler/door snake if indoors) to mark a line 3 metres from the bucket.
- Use an underarm throw and count how many of the 3 balls you can land in the bucket. It doesn't count if it bounces out!
- Keep practising and set yourself some goals.



#### Time: 10 minutes

#### Equipment

- Bucket.
- 3 tennis balls (or 3 soft toys for indoors activity).



#### **Activity variation**

With a partner / parent
Take turns with a partner or all of your family members and find out who will be the first to land all 3 balls into the bucket!

For an extra challenge - you can stand further back or even invent some trick shots e.g. it has to bounce once and then into the bucket!

