



**Planet
Education**
Inspiring lives through sport



TRY IT TUESDAY

KEEPY UPPY'S

HOW MANY TIMES CAN YOU
CONTINUOUSLY HIT AN OBJECT IN THE
AIR WITHOUT IT TOUCHING THE
GROUND?

Suitable footwear & clothing

Safe & clear space

Objects to hit in the air:

Balloon, ball of socks, scrunched up paper

items to use to hit object:

Use your hand, or a firm item e.g chocolate box lid

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