

# Netball: Around the World



**How many times can you pass the ball around your waist in 60 seconds?**

- If you do not have a ball use a cushion, cuddly toy or rolled up socks.
- If you drop the ball you need to pick it up quickly and carry on.
- If you want to challenge yourself further, try passing the ball in the other direction.



**in your own ability, challenge yourself and others!**

**SCHOOL GAMES**



**Active Schools Are Stronger Schools**

