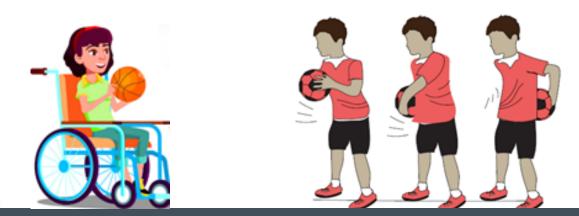
Netball: Around the World



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!

