



My weekly Challenge chart.

Sng @home.

Challenge	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ball Hand to hand							
Ball Throw it up & catch							

Your challenge is to throw the ball 10 times without it falling, if it falls, just start again !

1.Throw it from hand to hand

2.Throw it up, just a little over your head and catch.

Good Luck

Send me a photo of it and I will send you a challenge Star of the week.

Jane@stretchngrow.ie/0872203522