



PE SKILL SCHOOL

CHALLENGE #17

KEEPIE UPPIE CHALLENGE

HOW MANY CAN YOU DO IN 30 SECONDS?



RULES!

- 1) The ball cannot touch the floor.
- 2) You can use any part of your body except your hands/arms.
- 3) If the ball touches the floor, that one does not count towards the total.
- 4) Complete as many as you can in 30 seconds.

TIPS!

- Stay on your toes.
- Keep the ball close to your body.
- Don't kick it too hard.
- Try and direct the ball directly upwards with each contact.



WHAT'S YOUR STANDARD?



35 43 51