



Train it Thursday: Tennis Keepy Ups

You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book.

You will also need a ball, a balloon or a rolled-up piece of paper.

Bounce your object as many times as you can without it dropping it on the floor. How many can you do?



Use your weaker hand

#HSGDAILYCHALLENGE