



The Keepy Uppy challenge

How many Keepy Uppy's can your class do?

Everyone in your class must have a go and see how many continuous keepy uppy's they can do using a size 4 (KS2) or size 3 football (KS1).

For another challenge use a tennis ball!

Add them all up, divide by the number of pupils in the class and thats your class score!

See if you can beat the score and then send your final class result to

**Emma.toone@gaa.org.uk before
16th December 2020.**

Lets see if you can be at the top of the league!



The Keepy Uppy challenge



Y1/2 - size 3 football and can be a bounce in between



Y3/4 - size 3 football and can be a bounce in between



Y5/6 - size 4 football and can be a bounce in between



Girls Only - size 3 or 4 football and can be a bounce in between



Tennis Ball challenge- how many keepy uppy's can you do continuously?

Please encourage your pupils to have as many goes as they can and use their best score for the final class score. For those children who may have lower limb movement issues they can use a balloon or a softer/ smaller ball.



challenge

Class:

Write your name & score here:

Name	Score	Name	Score