

Get up &
go!

How to play

This game needs two players and can be played indoors or outdoors.

Each player must sit on the floor, move their legs wide a part in a straddle position to make a goal.

Player one starts with the ball and rolls it to player two and tries to score a goal.

Player two repeats by rolling the ball back, trying to score a goal.

Repeat and after a few turns, switch places.

1000
TWEAKS
TO FEELING GREAT

Doing one activity a day will make a difference to how you feel!

Equipment

A ball or rolled up socks.

Roll a goal