

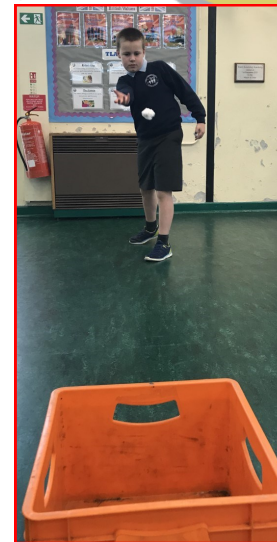
Wastepaper Basketball

Top Tip

Try to aim with one hand and throw with the other.

- 1— Place a bucket, bin etc on the floor.
- 2— Take 4 big strides back.
- 3— Scrunch up some paper into a ball.
- 4— Throw the wastepaper ball into the target to score.
- 5— Repeat 20 times and count each time you score.

#StayHomeStayActive



Equipment

- 1 bin/bucket or similar.
- 1 piece of paper scrunched up into a ball.

Achieve Gold
10 or more scores.



Achieve Silver
5-9 score.



Achieve Bronze
4 and under.

