

# HILLFIELDS PARK

BRING ANY OF THESE WITH YOU: BASKETBALL, FOOTBALL, BIKE, SKETCHBOOK, FRISBEE, KITE



## PLAY BASKETBALL

If you have a basketball, why not bring it to the court in the park with you.

From how far back can you throw into the hoop? Take a step back every time you get it in. Can you throw it in backwards?

Can you dribble the ball on the lines of the court? How many different types of throw can you do? What's the silliest throw you can think of? What's the silliest dribbling you can do? Can you dribble when hopping? Lunging? twirling?

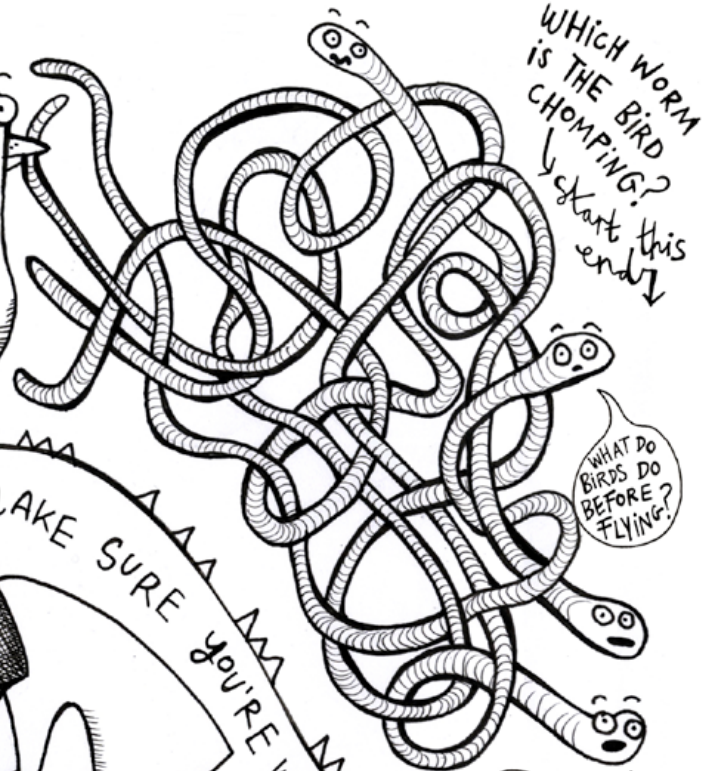
## MAKE AN OBSTACLE COURSE

Make up an obstacle course on the basketball court or on the grass!

Place markers inbetween the start and finish lines of your course and think of some tasks to complete at these markers. The tasks could be: dribble the ball in a circle 5 times or sing 'happy birthday' backwards...

How creative can you be?

have you been to the play park?



WHICH WORM is THE BIRD CHOMPING? Start this end!

WHAT DO BIRDS DO BEFORE FLYING?

Worm-ups!

← MAKE SURE YOU'RE WEARING A HELMET



## HAVE A GO ON THE BMX TRACK

Whether you have a BMX bike or not, can you make it around the track?