A-Z School Games Challenge

R- Rounders
Challenge – Easy Up, Keep Up

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @ThinkActiveCSW

Quick introduction
Easy up is a popular activity which gives further practice at developing hand eye co-ordination. Using a flat bat or tennis racket and ball, the aim is to keep the ball up, with small taps of the bat/racket.

Getting started
- Players can work individually or in pairs.
- Find a space where players will not obstruct anyone else.
- Use small taps to keep the ball in the air.
- Ask players to count the number of times they keep the ball up before it hits the ground.
- Record their first score and then attempt to try and beat their personal best.
- If working with a partner, players can count for each other and then record their best total.

Health and safety
- Ensure players are in a space where they will not obstruct anyone else.

Equipment required
- 1 bat/tennis racket and rounders ball or tennis ball per pair.
If you have enjoyed this challenge and would like you get involved in a local Rounders club click here: https://www.roundersengland.co.uk/play/

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