**Tuesday 7\(^{th}\) July**

Today you are a young sports leader and you need to make up your own game. It can be a game for one, two or more players. The only rule is that you cannot use more than 3 items in your game.

When you are clear on how to play your game you need to write up the instructions and explain to someone how to play. Then enjoy the game!

For example,

*Mrs Hogg’s Solo Ball Game*

You will need: one person, a wall and a ball

How to play:
1. Throw the ball at the wall and catch it.
2. Bounce the ball before it hits the wall then catch it.
3. Throw the ball and catch it with one hand
4. Throw the ball and clap before you catch it.
5. Throw the ball and turn around before you catch it.

Rules: You get one point each time you catch the ball. If you successfully catch the ball on every go you should get 5 points. Keep playing until you get 5 points. To make it harder, use your weaker hand to throw and catch the ball.