

# WEEKLY PE CHALLENGE



Can you add any other skills into it? Turning around or walking as you keep control?

Watch Ben Nuttall, a football freestyler, show you how to improve -  
<https://www.youtube.com/watch?v=bX6OBk0-43Y&list=PLyO4VUnrUKmg4ShrFbqoDuKCzLfy7ch9s&index=2>

How many can you do without losing control? How many in 1 min? 2mins?

**PERFECTING  
KEEPY-UPS!**



You could use any equipment – a football, a tennis ball, toilet roll, ball of socks...

Watch 'The Keepy-Uppy Challenge on Everest' - <https://www.bbc.co.uk/newsround/43315330>