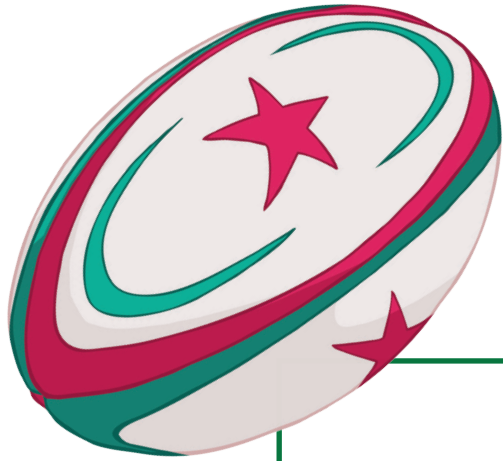


Rugby Evasion Warm-Ups In the Air and Clap!



Equipment

- One ball

Working with a partner, take turns to throw the ball in the air and whilst it is in the air clap your hands together before catching the ball. When you can do this, challenge yourself to do the following:

How many times can you do this in ten seconds?

How many times can you do this without dropping the ball?

Can you do this whilst walking?

Can you do this waist whilst running?

