

Mark a line a metre or two from a hoop, bucket or box.

Ask the children to stand in a line behind the line, and take turns to bounce a ball.

After the child makes four bounces, ask them to shoot the ball toward the hoop, bucket or box.

Adjust the distance between the line and the hoop, bucket or box according to the skill level of the children.

Remember to concentrate on having fun, not making it a contest.