

Basketball (indoor)

Adapt this favourite outdoor sport to be indoor friendly. Get ready for plenty of sweaty fun.

Time: No limitations (...except your imagination or maybe bedtime...)

Age: 6 yrs. +

Equipment:

- Laundry baskets, buckets or boxes
- An indoor ball or be imaginative with your choice of a ball

Instructions:

- Grab some laundry baskets, buckets or boxes and place them on the floor or figure out how to hang them from a door handle.
- Make-shift your own balls with a wad of newspaper, bean bags, soft toys, or rolled-up socks.
- See who can make the farthest shot.
- Set-up lines of tape to see how many shots you can make from each one.
- Set a timer for 1 minute and challenge yourself to make as many baskets as you can (running to retrieve the ball after each missed shot)

