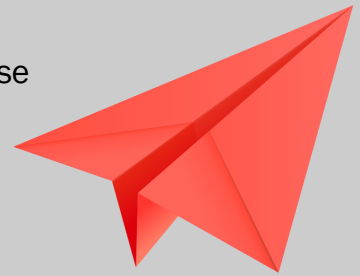


# Ascension Challenges

On Ascension Day we celebrate Jesus going up to heaven. Why not try some of these challenges as we think about things going up and down?

## **Aeroplanes!**

- ⇒ Create a paper aeroplane and see how far you can throw it. Use one of the templates on the next page or visit [foldnfly.com](http://foldnfly.com) for loads of different video instructions.



## **Ascending - going up!**

### 1. Ball Catch:

*Green*

- ⇒ See how high you can throw the ball in the air. Can you catch it again afterwards?
- ⇒ Now see how many times you can throw the ball and catch it again without dropping it.

### 2. Ball Clap Catch:

*Orange*

- ⇒ Can you throw the ball in the air and clap before it descends?
- ⇒ What other things you can do between throwing and catching the ball (e.g. turn around, jump up and down)

### 3. Bat and Ball:

*Red*

- ⇒ Bounce a ball up and down on a bat.
- ⇒ See what things you can do (clap, spin, jump) before you have to hit the ball again.

## **Descending - going down!**

### 1. Ball Bounce:

*Green*

- ⇒ Bounce a ball along the ground. How long can you bounce it for?

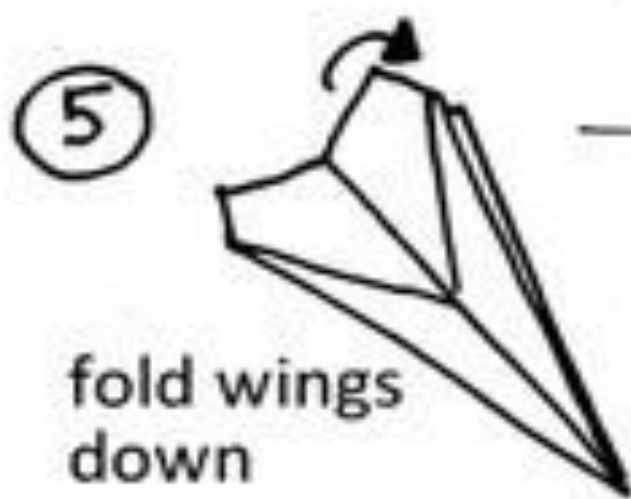
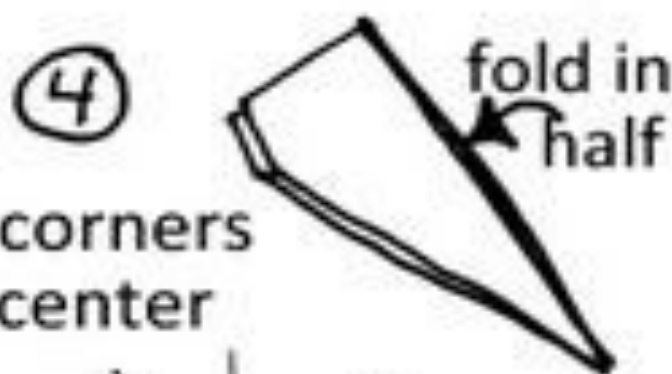
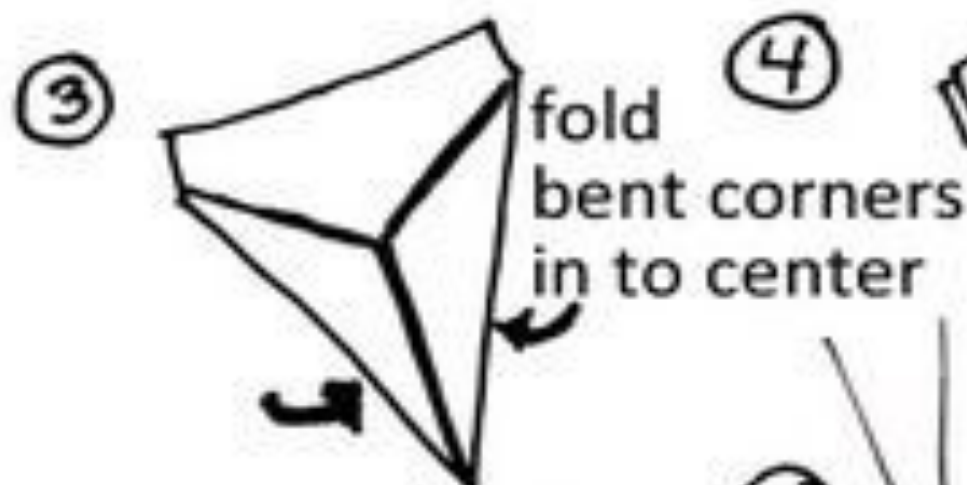
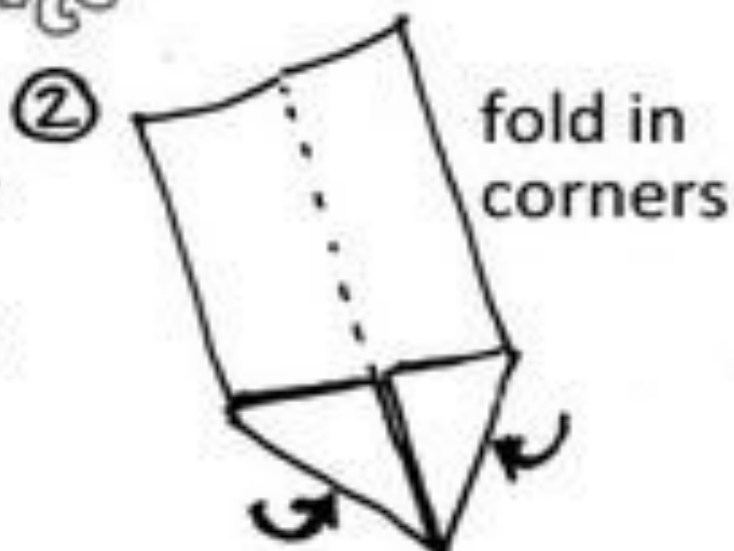
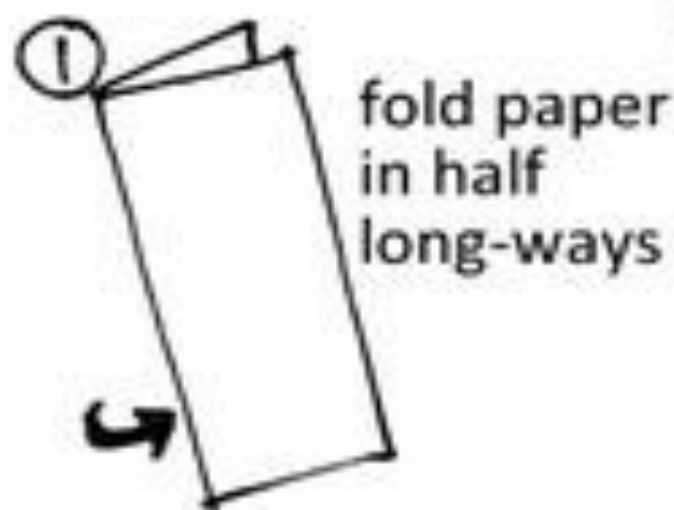
### 2. Ball Leg Bounce:

*Orange*

- ⇒ Bounce a ball on the spot. Can you bounce it under your leg?
- ⇒ Take turns bouncing ball under one leg and then the other.



# Paper Airplane creativewithkids.com



*Fold \* Decorate \* Fly*

## 12) Little Nicky

