#CountYourClaps

* Throw a ball up in the air and catch it
* Repeat the process but clap before you catch the ball
* Keep going adding in another clap every time
* Start off using 2 hands
* If you master that, try using only one hand

**Challenge – How many claps can you build up to without either dropping the ball or being unable to complete enough claps before catching**

**Share your best efforts with us via our social media pages (Facebook/Twitter)**