

# Sevens Ball Game



You will need a ball.

Practice your throwing and catching skills with this Sevens Ball Game challenge. Starting at 7 and working down to 1, complete each throwing and catching activity in order without dropping the ball. If you make a mistake, you must start back at number 7 again.

## Sevens Ball Game

Throw the ball up in the air, let it bounce once and catch it.

Complete 7 times.



7

## Sevens Ball Game

Throw the ball under one leg up in the air and catch it.

Complete 6 times.



6

## Sevens Ball Game

Throw the ball up in the air and catch it, without a bounce.

Complete 5 times.



5

## Sevens Ball Game

Bounce the ball on the ground five times and catch it.

Complete 4 times.

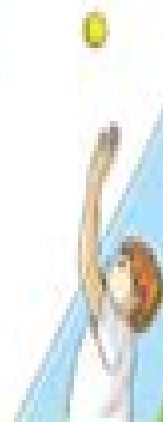


4

## Sevens Ball Game

Throw the ball up in the air, do a 180° turn and catch it, without a bounce.

Complete once.



1

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# Throwing 7s

**Annelies Wilder-Smith**



## Throwing 7s:

*Throwing 7's* Denis Hamill, 2015-08-04 Acclaimed novelist and columnist Denis Hamill knows the streets that glisten at night and the ones that soak up the dark he knows the boroughs the bingo halls the harbors and the hangouts Now Hamill brings his urban savvy to this new Bobby Emmet mystery set inside a winner take all crapshoot New York City style Empire Island is not the home of liberty It s no place for a prison And no immigrants ever passed through its portals Instead the abandoned Coast Guard station on the windswept waters of New York harbor is ground zero for an idea whose time has come casino gambling in the Big Apple For Bobby the fight over Empire Island gets personal when a young husband and wife mysteriously vanish from their downtown rent controlled Manhattan apartment The police s main suspect landlord Jimmy Chung then disappears without a whimper and Chung s attorney Izzy Gleason turns to Bobby for help That s when Bobby starts doing what he does best turning over stones in a town full of millionaires and madmen call girls and choirboys What he finds astounds even him The whole city is gambling crazy From underground crap games to mob backed bookies to the quaint business of church and synagogue Las Vegas nights millions of dollars are changing hands illegally every day And the big guys want in Suddenly Bobby is playing with the heaviest hitters in New York including the mayor the state assembly speaker and two dueling business tycoons one who s into floating casinos one who s into real estate and both who are into a famous female tennis celebrity As Bobby tries to figure out who is backstabbing who and why he comes upon the beautiful vengeance crazed sister of one of the victims and the heart of the case one that is inexplicably connected with New York City s last honest men a rabbi a minister and a priest No joke Edgy gritty darkly comic THROWING 7 s is a street smart novel of corruption vendettas and the unlikely bedfellows that ambition and money breed A single father a loyal brother and a man with contacts on every level of the city Bobby Emmet is playing the one game in town that isn t fixed where the prize is the truth and you gamble with your life [Rehabilitation of the Hand and Upper Extremity, 2-Volume Set E-Book](#) Terri M.

Skirven,A. Lee Osterman,Jane Fedorczyk,Peter C. Amadio,2011-02-10 With the combined expertise of leading hand surgeons and therapists *Rehabilitation of the Hand and Upper Extremity* 6th Edition by Drs Skirven Osterman Fedorczyk and Amadio helps you apply the best practices in the rehabilitation of hand wrist elbow arm and shoulder problems so you can help your patients achieve the highest level of function possible This popular unparalleled text has been updated with 30 new chapters that include the latest information on arthroscopy imaging vascular disorders tendon transfers fingertip injuries mobilization techniques traumatic brachial plexus injuries and pain management An expanded editorial team and an even more geographically diverse set of contributors provide you with a fresh authoritative and truly global perspective while new full color images and photos provide unmatched visual guidance Access the complete contents online at [www.expertconsult.com](http://www.expertconsult.com) along with streaming video of surgical and rehabilitation techniques links to Pub Med and more Provide the best patient care and optimal outcomes with trusted guidance from this multidisciplinary comprehensive resource covering the entire upper

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