

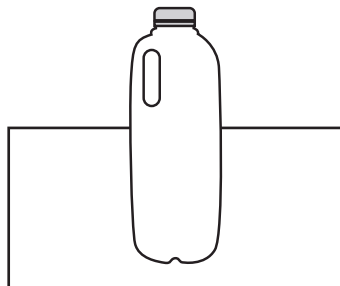


# World School Milk Day 2025!

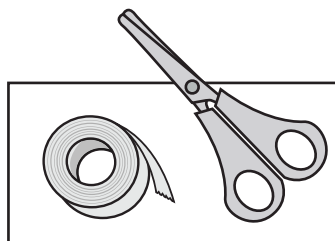
**Dairy Gives You Go!**  
For strong bones and moves!

## Grade 3 - Milk bottle catch game

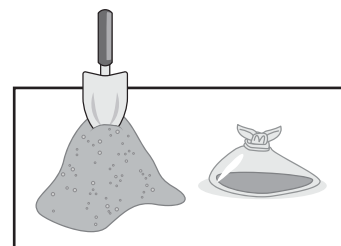
### What you will need:



Empty plastic milk bottles (1L size is best) per person.

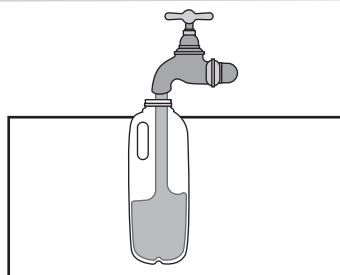


Scissors (adult help needed).  
*Optional tape: to cover rough edges*

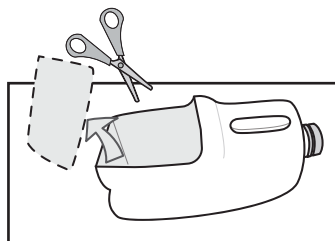


Lightweight ball (Tip: make a small bean/sandbag made out of a small recycled plastic bag)

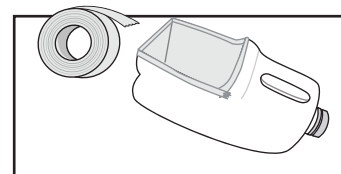
### How to make the rackets:



**Clean and dry** the bottles.



**Cut out** the front half of the bottle, starting just above the base and curving around to the neck. The handle becomes your grip.



**Tape** any sharp edges, or sand them to make them smooth and decorate if desired.

### Health message

**Dairy gives your body the tools to train, recover and grow stronger.**

Enjoy eating dairy (like milk, amasi and yoghurt) after a sport match. The nutrients in dairy helps your body recover after a game, repairs muscles and rehydrate you when you are thirsty and gives you energy for the rest of the day!

[www.dairykids.co.za](http://www.dairykids.co.za)

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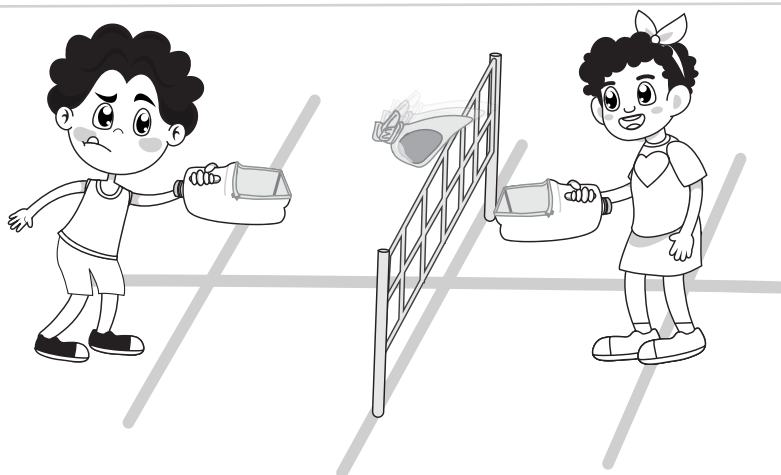
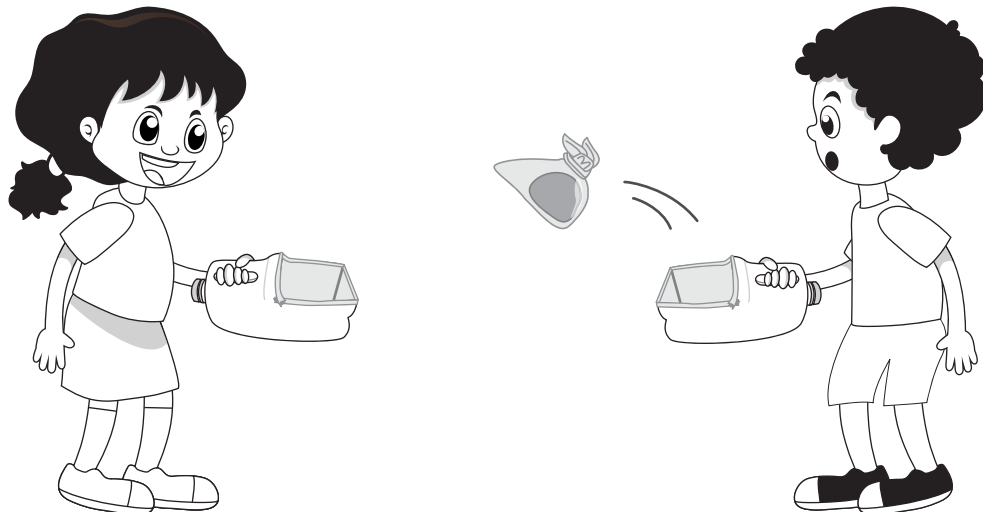
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## Game ideas:

### Racket catch

- Two players toss the ball back and forth using the milk bottle rackets.
- Try to keep it going without dropping!

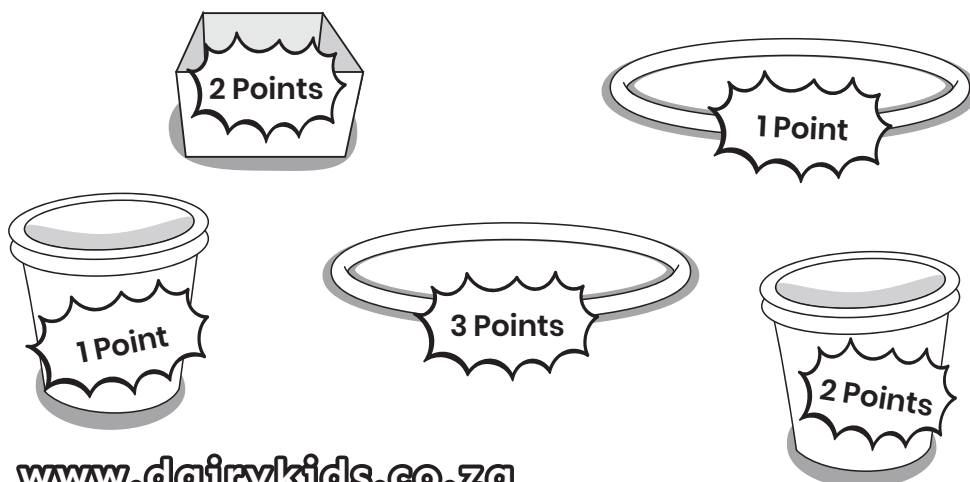


### Racket tennis

- Set up a line (tape, rope, or jump rope) and use the rackets to bat the ball over it like tennis.
- Score by landing the ball in the opponent's area.

### Target toss

- Place down buckets, hula hoops, or boxes.
- Try to toss the ball into the targets from a distance using the racket.



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