## 60 Second Challenge

Figure of 8 yourself and keep trying if you drop the ball?

## The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds? If you drop the ball you need to pick it up quickly and carry on.


## \#StayHomeStayActive

## Equipment <br> A ball

If you do not have a ball use a toilet roll or a cuddly toy.

## Achieve Gold <br> 35 times through your legs

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## Achieve Silver

25 times through your legs

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## Achieve Bronze

15 times through your legs


