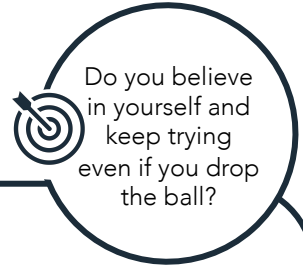


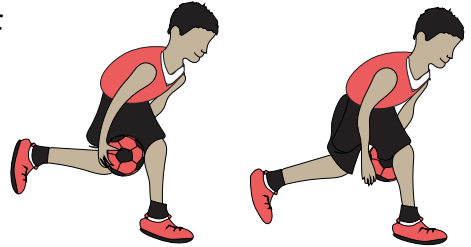


Figure of 8 60 Second Challenge



Do you believe in yourself and keep trying even if you drop the ball?

How many times can you pass a ball through both of your legs in 60 seconds?



If you drop the ball, pick it up quickly and carry on counting your score from where you left off.

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


Don't drop it!
Each time you drop the ball take five seconds off your time!

Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs



Achieve Silver
30 times through your legs



Achieve Bronze
20 times through your legs

