60 Second Challenge
Around the World

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive

Equipment

A ball
If you do not have have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.

Achieve Silver
40 Times around your waist.

Achieve Bronze
30 Times around your waist.

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