60 Second Challenge
Bean Bag Throw

The Physical Challenge
How many times can you throw a beanbag into a hoop in 60 seconds?
Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive

Equipment
A beanbag and a hoop
If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Achieve Gold
30 Throws

Achieve Silver
25 Throws

Achieve Bronze
20 Throws

Can you focus, concentrating on the target?