60 Second Challenge
Catch and Clap

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold
35 catch and claps

Achieve Silver
25 catch and claps

Achieve Bronze
15 catch and claps

Which skills do you think will be key to succeed?