60 Second Challenge

Figure of 8

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

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

Achieve Gold
35 times through your legs

Achieve Silver
25 times through your legs

Achieve Bronze
15 times through your legs

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