60 Second Challenge
Tap Up Tennis

The Physical Challenge
How many times can you tap up a tennis ball on a racket in 60 seconds?
If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive

Equipment
A tennis racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold
60 Tap Ups

Achieve Silver
45 Tap Ups

Achieve Bronze
30 Tap Ups

Do you ask for help if you find it hard?