

# 60 Second Challenge

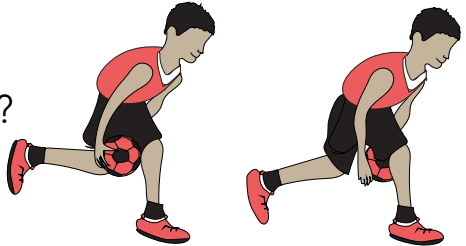
## Figure of 8

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

### 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

