

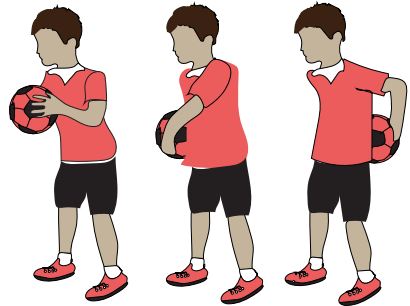


Around the World 60 Second Challenge



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

How many times can
you pass the ball around
your waist in 60 seconds?



If you drop the ball you need
to pick it up quickly and carry
on!



Use a ball

If you do not
have a ball,
use a cuddly toy
or a rolled up
pair of socks!

Move the ball
around your waist
in both directions
for 30 seconds to
make it harder.



Compete against a family member!

If you drop
your ball you
must stop!

Achieve Gold

50 times around
your waist.



Achieve Silver

40 times around
your waist.



Achieve Bronze

30 times around
your waist.

