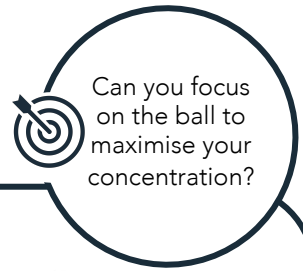


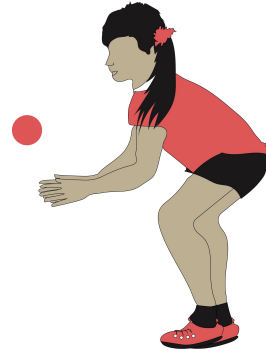


Catch and Clap 60 Second Challenge



Can you focus on the ball to maximise your concentration?

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.



Throw and catch a ball

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



Don't drop it!

Each time you drop the ball take five seconds off your time!



Play with a partner!

Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps

