

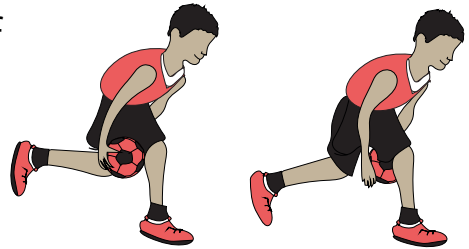


Figure of 8 60 Second Challenge



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

How many times can you
pass a ball through both of
your legs in 60 seconds?



If you drop the ball, pick it up
quickly and carry on counting
your score from where you left off.



Use a ball

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

Don't drop it!

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



Stop the clock, it's a race!

Compete against
other family
members. The
first person to
achieve gold is
the winner.



Achieve Gold

40 times through
your legs



Achieve Silver

30 times through
your legs



Achieve Bronze

20 times through
your legs

