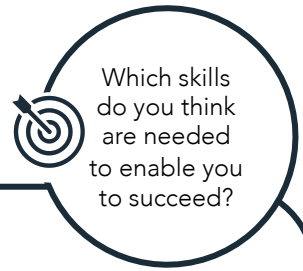


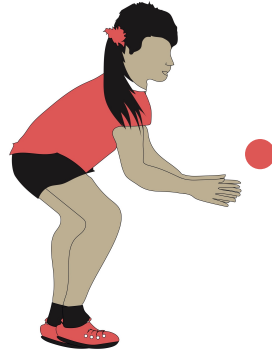


Wall Ball 60 Second Challenge



Which skills
do you think
are needed
to enable you
to succeed?

How many times can you
throw a ball against a wall
and catch it in 60 seconds?



You must stand two steps away
from the wall. If you drop the ball,
carry on counting your score from
where you left off.



You need a ball and a wall!

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

Don't drop it!

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



With a
partner, throw
and catch the ball
against a wall.
What medal will
you and your
partner achieve?

Achieve Gold

40 throw and
catches



Achieve Silver

30 throw and
catches



Achieve Bronze

20 throw and
catches

