



The Manor
Preparatory School



60 Second Challenge

BEAN BAG THROW

Can you focus,
concentrating
on the target?

The Physical Challenge

How many times can you throw a bean bag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



EQUIPMENT

A beanbag and a hoop

If you do not have a bean bag or a hoop, why not use a pair of socks and a washing basket instead!