



The Manor  
Preparatory School



# 60 Second Challenge

## CATCH AND CLAP

Which skills do you think will be key to succeed?

### The Physical Challenge

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.



**EQUIPMENT**  
**A ball**

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