



The Manor
Preparatory School



60 Second Challenge

FAST FEET

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



EQUIPMENT

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?