



The Manor  
Preparatory School



# 60 Second Challenge

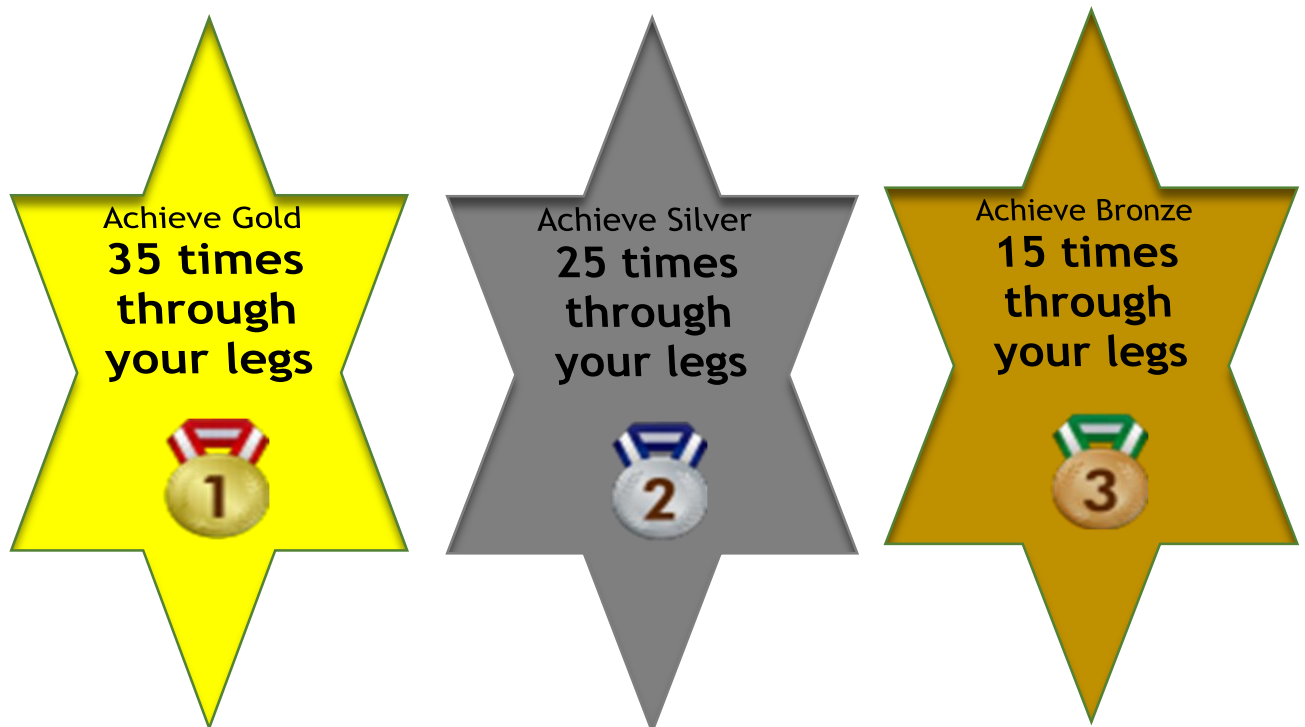
## FIGURE OF 8

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

### The Physical Challenge

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

If you drop the ball you need to pick it up quickly and carry on.



**EQUIPMENT**  
**A ball**

If you do not have a ball a cuddly toy.