



The Manor
Preparatory School



60 Second Challenge

TENNIS TAP UPS

Can you try
and run as
fast
as possible?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!



EQUIPMENT

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!