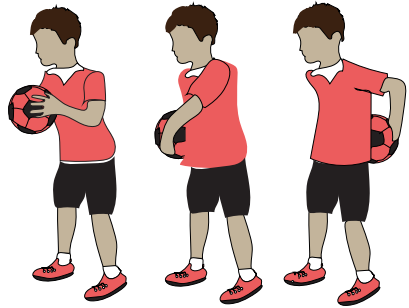




Around the World 60 Second Challenge

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

How many times can you pass the ball around your waist in 60 seconds?



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



Use a ball
If you do not have a ball, use a cuddly toy or a rolled up pair of socks!

Move the ball around your waist in both directions for 30 seconds to make it harder.



Achieve Gold

50 times around your waist.



Achieve Silver

40 times around your waist.



Achieve Bronze

30 times around your waist.



Compete against a family member!
If you drop your ball you must stop!