

# 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.



**#StayHomeStayActive**

### Equipment

A ball

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

#### Achieve Gold

35 catch and claps



#### Achieve Silver

25 catch and claps



#### Achieve Bronze

15 catch and claps



Mr. May scored 47 😊 I got the gold medal.

To challenge yourself further, why not try travelling while throwing and catching, throwing and catching with one hand or adding more claps in-between catches.

**Benefits from the challenge:** This challenge will help improve your hand eye co-ordination.

Please send in your videos via DB primary so we can share your success.

Good Luck 😊