

60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

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.



#StayHomeStayActive

Equipment

A ball and two markers

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

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



Mr. May scored 20. I got the silver medal 😊

Benefits from this challenge: This challenge will help improve your ball control and speed.

If you don't have a ball, how about using a teddy or rolled up socks to dribble with. If you don't have any objects you can just run between the markers.

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

Good Luck 😊