

# 60 Second Challenge

## Tap Up Tennis

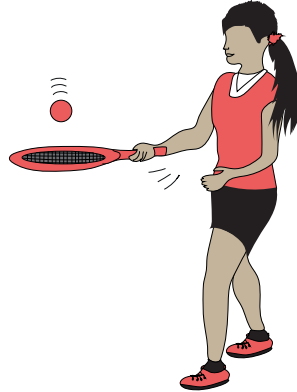
Do you ask for help if you find it hard?

### 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!

**#StayHomeStayActive**



### 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!

#### Achieve Gold

60 Tap Ups



#### Achieve Silver

45 Tap Ups



#### Achieve Bronze

30 Tap Ups



**ALL FOR SPORT**

HIGH QUALITY PHYSICAL EDUCATION