

# 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

