# 60 Second Challenge Tap Up Tennis

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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







Believing in every child's future