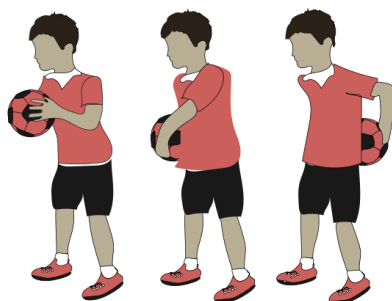


How many times can you pass the ball around your waist in 60 seconds?



If you drop the ball you need to pick it up quickly and carry On!

Use a ball
If you do not have a ball, use a cuddly toy or a rolled up pair of socks!

Move the ball around your waist in both directions for 30 seconds to make it harder.

Compete against a family member!
If you drop your ball you must stop!

Achieve Gold
50 times around your waist.



Achieve Silver
40 times around your waist.



Achieve Bronze
30 times around your waist.



Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.