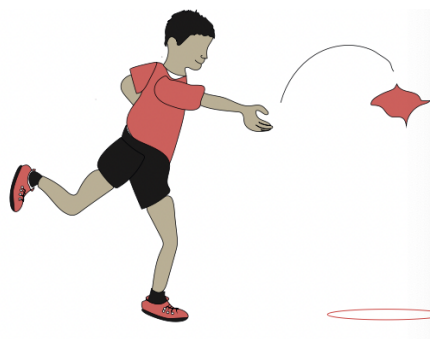



How many times can you throw a beanbag into a hoop in 60 seconds?



You need to collect the beanbag and return to the throwing line before throwing again.

 **Use a bench or a stool**  
Make sure that the object you are jumping over is fixed to the floor.

To make it easier place two hands on the floor and jump side to side over a line. 

 **Challenge other family members.**  
Who is the record holder in your family?

**Achieve Gold**

25 throws




**Achieve Silver**

20 throws



**Achieve Bronze**

15 throws



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.