



How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



**A ball and two markers**  
If you do not have a ball, how many times can you run around the marker and back?

**Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.**

**Stop the clock, it's a race!**  
Compete against other family members. The first person to achieve gold is the winner.

**Achieve Gold**  
**35** catch and claps

**Achieve Silver**  
**25** catch and claps

**Achieve Bronze**  
**15** catch and claps

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.