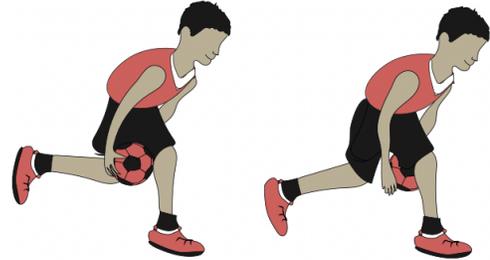


How many times can you pass a ball through both of your legs in 60 seconds?



If you drop the ball, pick it up quickly and carry on counting your score from where you left off.



**Use a ball**  
If you do not have a ball, use a toilet roll or a cuddly toy

**Don't drop it!**  
Each time you drop the ball take five seconds off your time!

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

**Achieve Gold**  
**40** times through your legs



**Achieve Silver**  
**30** times through your legs



**Achieve Bronze**  
**20** times through your legs



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.