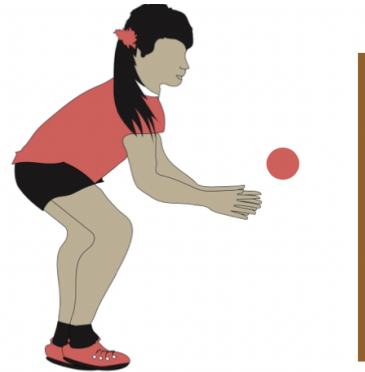


How many times can you throw a ball against a wall and catch it in 60 seconds?



You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.

You need a ball and a wall!
If you do not have a ball, use a rolled up pair of socks.

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

With a partner, throw and catch the ball against a wall. Challenge each other to get as many in 60 seconds as you can.

Achieve Gold
40 throw and catches



Achieve Silver
30 throw and catches



Achieve Bronze
20 throw and catches



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.