



SPRING INTO ACTION CAMPAIGN



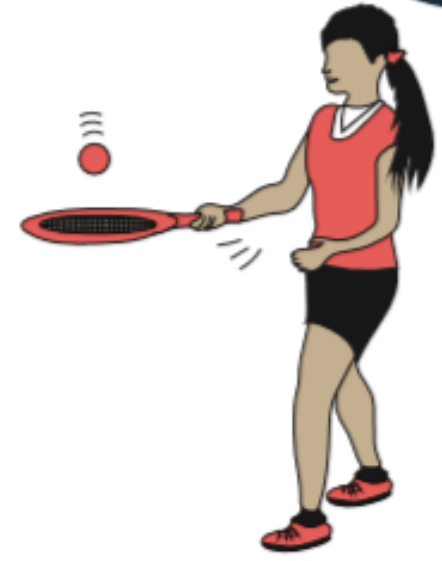
WEEK 4 - TAP UP TENNIS CHALLENGE




Tap Up Tennis 60 Second Challenge

Could you ask for help if you find the challenge hard?

How many times can you tap up a tennis ball on a racket in 60 seconds?



 If the ball touches the floor, time continues but your score freezes until you start tapping again.


 **Use a racket and a ball**
If you do not have a racket and ball, use a frying pan and a pair of socks!

 **Increase the time by 30 seconds!** But... you must flip your racket over after each tap.

 **Play with a partner.** Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Achieve Gold

60 tap ups




Achieve Silver

45 tap ups



Achieve Bronze

30 tap ups



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CLICK THE ICON TO WATCH A VIDEO OF THE CHALLENGE

