



# SPRING INTO ACTION CAMPAIGN



## WEEK 5 - WALL BALL CHALLENGE




### Wall Ball 60 Second Challenge

Which skills do you think are needed to enable you to succeed?

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.**  
What medal will you and your partner achieve?

**Achieve Gold**  
40 throw and catches 

**Achieve Silver**  
30 throw and catches 

**Achieve Bronze**  
20 throw and catches 

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