## 60 Second Challenge Tap Up Tennis

## The Physical Challenge

 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！

## \＃StayHomeStayActive



Equipment
A tennis racket and a ball If you do not have a racket and ball，use a frying pan and a pair of socks！

Complete PE：

## Achieve Bronze

30 Tap Ups


60 Tap Ups
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