# 60 Second Challenge Tap Up Tennis

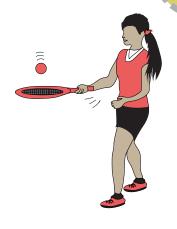
Do you ask for help if you find it hard?

### 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!

#### **Achieve Gold**

60 Tap Ups



#### **Achieve Silver**

45 Tap Ups



#### **Achieve Bronze**

30 Tap Ups







