

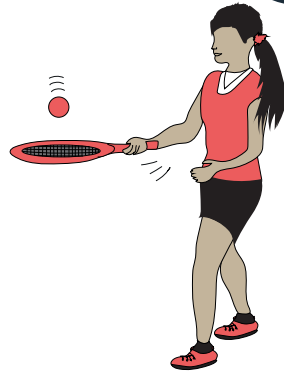


# Tap Up Tennis 60 Second Challenge



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

