

60 Second Challenge

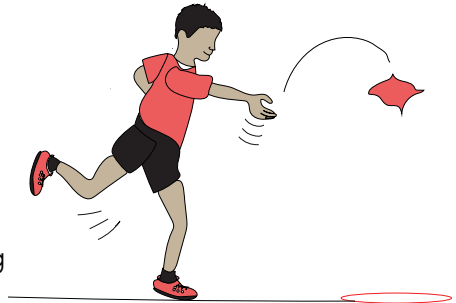
Bean Bag Throw

Can you focus, concentrating on the target?

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



#StayHomeStayActive

Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Achieve Gold

30 Throws



Achieve Silver

25 Throws



Achieve Bronze

20 Throws

