

# SPRING HALF-TERM (2)

## PERSONAL BEST CHALLENGE



### BALL IN THE BOX CHALLENGE

#### BALL IN THE BOX OBJECTIVE:

How many balls can you pass a ball through both of your legs in 60 seconds?

#### EQUIPMENT NEEDED:

A ball or bean bag.

Stop watch / timer.

#### IMPLEMENTING THE CHALLENGE:

- Stand with enough space to pass your ball through your legs
- Pass the ball through your legs making a figure of eight shape.
- Receive a point for every figure of eight you complete throughout dropping your ball.
- If you drop the ball deduct a point.
- REMEMBER – Always space out and HAVE FUN!!!!

#### RECORDING SCORES

The attached recording sheet asks for each participant first and best score.

#### NEXT LEVEL

Go head-to-head against a classmate.


