



TRY IT TUESDAY: BALANCE IT



Create a course with 2 markers which are placed 5 metres apart.

You will also need something to time how many laps you can complete in 2 minute.

Balancing an item on your racket (or hand or book) how many laps can you do in 2 minutes without the item falling off.

Have a rest and then try again!

To make it more challenging try swapping hands!

#HSGDAILYCHALLENGE