

CIRCLES

THE CHALLENGE

Pass a ball around your waist without dropping it- as many times as you can in 30 seconds.



THE AWARDS

GOLD

30+ circles

SILVER

20-29 circles

BRONZE

10-19 circles



VARIATIONS

Easier

- Use a smaller object.
- Increase the time limit.

Harder

- Decrease the time limit.
- Pass the object around knees, ankles, through legs.

EQUIPMENT

- Stopwatch
- Netball or similar

SAFETY

- Ensure sufficient space