

The Twist a Ball Challenge

The Challenge

How many times can you twist a ball around your body in 60 seconds?

- Hold the ball in front of your body.
- Twist the ball around your body as quickly as you can.
- If you drop the ball you need to start again.
- See how many times you can twist the ball around your body in 60 seconds.

- Always have adult supervision.
- Make sure the surface is flat.
- Make sure there are no obstructions.
- Make sure the ball is not too heavy.

What you need:

- 1 x ball
- 1 x timer

