#OneMinuteChallenge

Set up 5 targets (eg. bats, plastic bottles etc.)

* Stand a few metres back
* Throw a ball and try to hit the targets
* Finding it easy?
* Move further back or try using smaller targets

**Challenge – How many of your targets can you knock down in one minute?**

**If you managed all 5, how quickly did you manage to complete it?**

**Share your best efforts with us via our social media pages (Facebook/Twitter)**