



The Herne Bay and East Kent Coastal School Sports Partnership at Herne Bay High School



CHALLENGE OF THE WEEK..... BOOK JUGGLING CHALLENGE

Objective

Use a book to hit your socks in the air and keep them off of the floor!!

Equipment

- A pair of socks folded into a ball shape
- A book
- Something you can use as a timer



Activity

Hold the book in either one hand or two.

You have 60 seconds to repeatedly hit your socks in the air with a book!

Keep count of every time you hit your socks.

If you drop your socks just pick them up and continue.

Have 3 attempts and see what your best score is

How many can you do?

Did you choose to use one hand or two to hold the book?

Do you think it would have made a difference?



YOUTH
SPORT
TRUST

