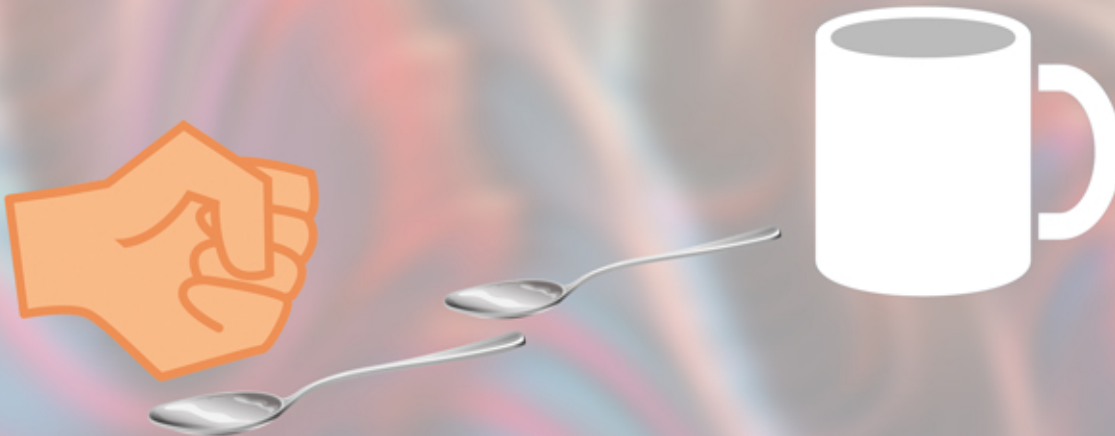


# MINUTE TO WIN IT CHALLENGES



GET ACTIVE



15 MINUTES



READY TO GO

## ▶▶ GETTING INTO THE ACTIVITY

Take on these challenges. What is the best score you can do in 60 seconds? Record your attempts and send your best one to your BB group.

**Spoon Frog** - Line up the mug and two spoons as shown in the picture. To play you'll need to hit the first spoon so that it then launches the second spoon into the air. Score a point for each time you can get the spoon to land in the mug. How many can you do in a minute?

**Bottle Flip** - Put a small amount of water into a bottle and fasten the lid. To complete a bottle flip you need to throw the bottle into the air so that it flips a full 360°. To score a point the bottle must land upright. How many bottle flips can you do in a minute?

Record a video of your best attempts and share them with your BB group or post on social media using #BBatHome.



## WHAT YOU'LL NEED

- Mug
- 2 x Teaspoons
- Water Bottle



## NOTES FOR PARENTS & CARERS

Consider an appropriate space for the activity to take place, so there is no risk of damage/breakages. An adult should initiate any contact with the BB group and/or share on social media.