

# Personal Best Challenge

## Can you juggle on one leg?!



1. Start off by juggling with three balls, or use rolled up socks, soft toys etc!
2. Try to raise one foot off the floor and keep going!
3. Keep going as long as you can then swap legs and try again!
4. This will help improve your balance and your co-ordination!

**Record your time and see if you can beat it next time, remember to tweet us your pics and videos @knowsleyspp!**