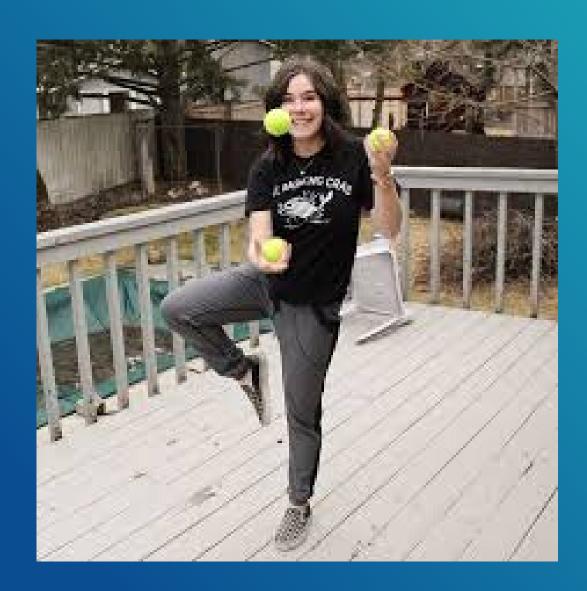






Personal Best Challenge

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 pies and videos @knowsleyspp!





