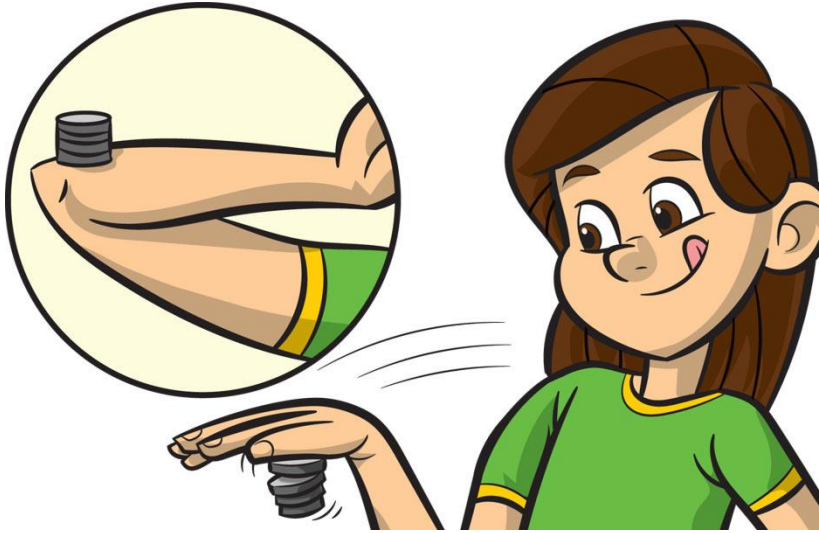


PB Challenge 1

Coin Flipping

Aim: to see how many coins you can flip from your elbow.



1. Bend your elbow and lift it high in front of you, with your palm face up near your ear.
2. Set a stack of coins on your bent elbow. Start with one coin then build up.
3. Now, suddenly drop your elbow and swing the hand that was by your ear forward to grab the coins as they fall.
4. If you don't catch them at first, keep practicing. It *is* possible!
5. Keep a count of how many you could do the first time and how many you can do with practise. Keep a record or make a chart.
6. After two weeks, see who in your family has made the most progress.