

Complete lots of different 60 second challenges and track your progress on the table opposite.

Are you a bronze, silver or gold medal winner?

60 Second Challenge Activity Tracking Sheet

Name: _____

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Instructions: Tick the boxes when you achieve Gold, Silver and Bronze?

Goal: Can you keep working hard to achieve Gold, Silver and Bronze?

60 Second Challenge

Skipping

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#StayHomeStayActive

Equipment

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips



60 Second Challenge

Speed Bounce

Are you honest?

Only count the jumps that are completed properly.

The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



#StayHomeStayActive

Equipment

A pillow

If you do not have a pillow, jump over a safe object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces



60 Second Challenge

Burpees

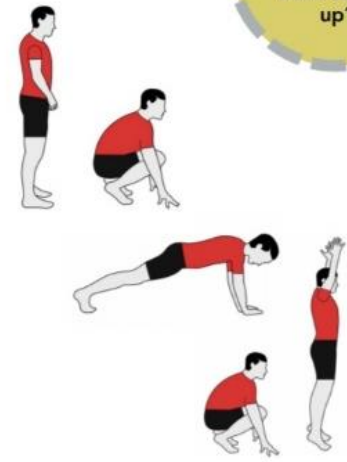
Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Equipment
Just yourself and enough space on the floor!
If you find it tough do not perform the leg extensions.

- Achieve Gold**
30 burpees
- Achieve Silver**
20 burpees
- Achieve Bronze**
10 burpees

60 Second Challenge

Bean Bag Throw

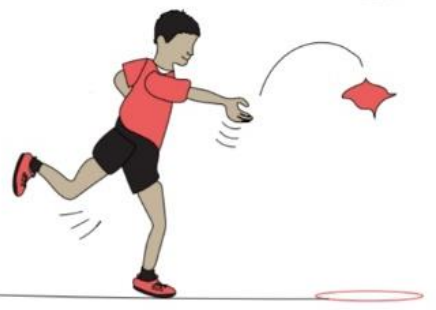
Can you focus, concentrating on the target?

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive



Equipment
A beanbag and a hoop
If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

- Achieve Gold**
30 Throws
- Achieve Silver**
25 Throws
- Achieve Bronze**
20 Throws

60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold

35 times through your legs



Achieve Silver

25 times through your legs



Achieve Bronze

15 times through your legs



60 Second Challenge

Climb the Mountain

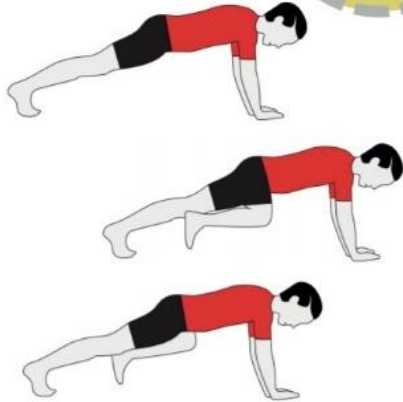
Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



60 Second Challenge

Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

30 Star Jumps



60 Second Challenge

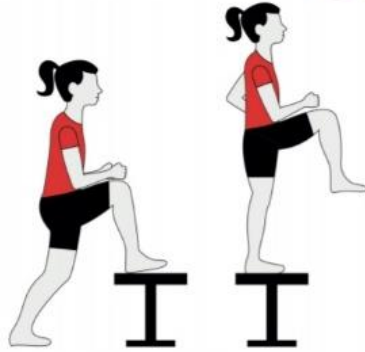
Step Ups

Can you focus, concentrating on the step?

The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time. No jumping!



#StayHomeStayActive

Equipment

A step

If you do not have a step use a foot pouffe or a stool.

Achieve Gold

70 Step Ups



Achieve Silver

45 Step Ups



Achieve Bronze

30 Step Ups



60 Second Challenge

Obstacle Course

How will you move to make sure your jump as many as you can?

The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



#StayHomeStayActive

Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

Achieve Gold

45 points



Achieve Silver

30 points



Achieve Bronze

15 points



60 Second Challenge

Tuck In Tuck Out

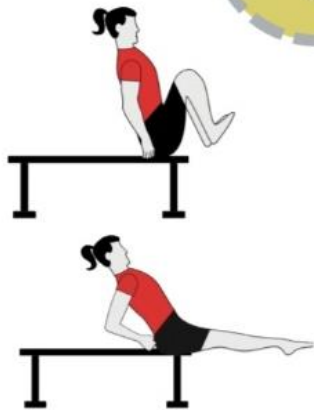
Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs



60 Second Challenge

Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

#StayHomeStayActive



Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



60 Second Challenge

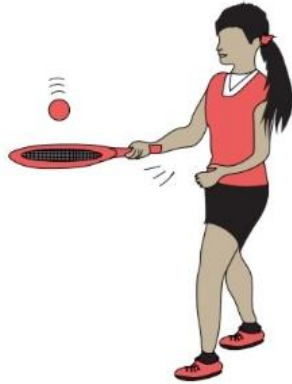
Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!



#StayHomeStayActive

Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups



60 Second Challenge

The Plank

Can you focus and show self belief even though it is hard?

The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



60 Second Challenge

Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.



60 Second Challenge

Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red herrings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks



60 Second Challenge

Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs



60 Second Challenge

Bunny Jumps

Can you keep going even when you are tired?

The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



#StayHomeStayActive

Equipment

A bench or a stool*

*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.

Achieve Gold

80 Bunny Jumps



Achieve Silver

60 Bunny Jumps



Achieve Bronze

40 Bunny Jumps

