































# 60 Second Challenge Activity Tracking Sheet

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

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

Name: \_\_\_\_\_

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## 60 Second Challenge

### Air Balloon


Can you keep trying even if you lose a life?

**The Physical Challenge**

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.


**#StayHomeStayActive**




**Equipment**

A balloon


If you do not have a balloon, use scrunched up tissue paper or a bag!

**Achieve Gold** 

Lose 0 lives

**Achieve Silver** 

Lose 1 life

**Achieve Bronze** 

Lose 2 lives

## 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 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

### 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

### 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

## 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?

<b>Achieve Gold</b>	
24 dribbles around the marker and back	
<b>Achieve Silver</b>	
18 dribbles around the marker and back	
<b>Achieve Bronze</b>	
12 dribbles around the marker and back	

## 60 Second Challenge

### Figure of 8

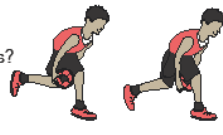
Do you believe in yourself and keep trying if you drop the ball?

**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.

<b>Achieve Gold</b>	
35 times through your legs	
<b>Achieve Silver</b>	
25 times through your legs	
<b>Achieve Bronze</b>	
15 times through your legs	

## 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.

<b>Achieve Gold</b>	
45 points	
<b>Achieve Silver</b>	
30 points	
<b>Achieve Bronze</b>	
15 points	

## 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?

<b>Achieve Gold</b>	
40 Mountain Climbers	
<b>Achieve Silver</b>	
30 Mountain Climbers	
<b>Achieve Bronze</b>	
20 Mountain Climbers	

## 60 Second Challenge

### Squat Jumps


Can you be honest when counting your score?

**The Physical Challenge**

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.




**#StayHomeStayActive**



**Equipment**

Just yourself and enough space on the floor!

Why not compete against a family member?

<b>Achieve Gold</b> 30 Squat Jumps 
<b>Achieve Silver</b> 20 Squat Jumps 
<b>Achieve Bronze</b> 10 Squat Jumps 

## 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?

<b>Achieve Gold</b> 60 Star Jumps 
<b>Achieve Silver</b> 45 Star Jumps 
<b>Achieve Bronze</b> 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 us a foot pouffe or a stool.

<b>Achieve Gold</b> 70 Step Ups 
<b>Achieve Silver</b> 45 Step Ups 
<b>Achieve Bronze</b> 30 Step Ups 

## 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.

<b>Achieve Gold</b> 20 Slalom Runs 
<b>Achieve Silver</b> 18 Slalom Runs 
<b>Achieve Bronze</b> 12 Slalom Runs 

## 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!

<b>Achieve Gold</b> 60 Tap Ups	
<b>Achieve Silver</b> 45 Tap Ups	
<b>Achieve Bronze</b> 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?

<b>Achieve Gold</b> 60 seconds or more	
<b>Achieve Silver</b> 45 seconds or more	
<b>Achieve Bronze</b> 30 seconds or more	

## 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.

<b>Achieve Gold</b> 15 tuck in tuck outs	
<b>Achieve Silver</b> 10 tuck in tuck outs	
<b>Achieve Bronze</b> 5 tuck in tuck outs	

## 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!

<b>Achieve Gold</b> 70 skips	
<b>Achieve Silver</b> 50 skips	
<b>Achieve Bronze</b> 30 skips	

## 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 hearings.

**Achieve Gold**  
20 pairs of socks



**Achieve Silver**  
15 pairs of socks



**Achieve Bronze**  
10 pairs of socks



## 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

