



Step Ups 60 Second Challenge

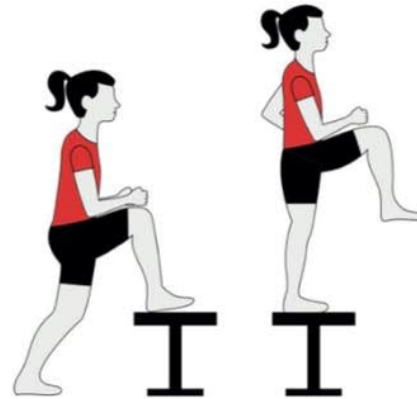


Can you focus, concentrating on the step?

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!



You need a step!

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

Increase the number of steps!

Make it harder by stepping up and down two steps (stairs).



Compete as a family.

Adapt the challenge depending who is playing! You could step in and out of a circle.

Achieve Gold

60 step ups



Achieve Silver

45 step ups



Achieve Bronze

30 step ups



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Fast Feet 60 Second Challenge



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

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 five steps away. Each time you dribble the ball around the marker and back you score one point.



A ball and two markers.

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

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.



Stop the clock, it's a race!

Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold

22 dribbles around the marker and back



Achieve Silver

16 dribbles around the marker and back



Achieve Bronze

10 dribbles around the marker and back





Star Jumps 60 Second Challenge



Can you maintain your technique even when you are tired?

How many star jumps can you complete in 60 seconds?



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



No equipment is required.

Just make sure you use a clear, open and safe space.

Challenge yourself!

Touch the floor after each star jump to make it harder.



Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold

60 star jumps



Achieve Silver

45 star jumps



Achieve Bronze

30 star jumps



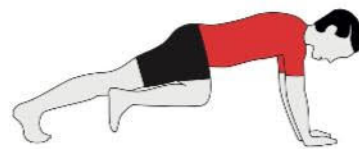


Climb the Mountain 60 Second Challenge



Can you keep going even if you start to feel tired?

How many mountain climbers can you complete in 60 seconds?



Make sure you bring your knees up as you move, do not just flick your legs up and down.



No equipment is required.

Just make sure you use a clear, open and safe space.

Challenge yourself!

Perform a press up after each mountain climber.



Compete against other family members.

The first person to achieve gold is the winner.



Achieve Gold

50 mountain climbers



Achieve Silver

30 mountain climbers



Achieve Bronze

20 mountain climbers





Skipping 60 Second Challenge



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

How many times can you skip in 60 seconds?



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



Use a skipping rope
If you do not have a rope, don't worry, you can jump on the spot!

Set a Record!

The most skips in lockdown was 121. Can you set a new skipping record?



Three's a crowd!
Two people hold/turn the rope and one person skips. How many skips can you complete?

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips

