



Squat Jumps 60 Second Challenge



Can you be honest when counting your score?

How many squat jumps can you perform in 60 seconds?



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



No equipment is required.
Just make sure you use a clear, open and safe space.

Challenge yourself!

Perform a twist or turn as you jump to make it harder.



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

Achieve Gold

35 squat jumps



Achieve Silver

25 squat jumps



Achieve Bronze

10 squat jumps





Tuck In, Tuck Out 60 Second Challenge



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

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



You must bring your legs up to your chest and then fully extend them out again!



Use a bench or a stool
Make sure that the object you are using is fixed to the floor.

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



Synchronised tuck in tuck outs!
With a partner, can you perform this challenge in time with each other?

Achieve Gold

40 tuck in,
tuck outs



Achieve Silver

30 tuck in,
tuck outs



Achieve Bronze

15 tuck in,
tuck outs





Burpees 60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.



No equipment is required.
Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions.



Achieve Platinum!

To achieve platinum can you perform 40 burpees in 60 seconds?

Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees






Hopscotch in a Hurry 60 Second Challenge

Can you complete the hopscotch grid without missing out any of the squares?

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?

 Each time you complete a hopscotch grid, run back to the start and you will score a point.



 **Mark out a hopscotch grid.**
Using chalk, mark out a ten square hopscotch grid on the floor.

Can you complete the grid hopscotch backwards?
What medal will you achieve? 

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

Achieve Gold
20 completed hopscotch circuits 

Achieve Silver
15 completed hopscotch circuits 

Achieve Bronze
10 completed hopscotch circuits 



Wall Ball 60 Second Challenge

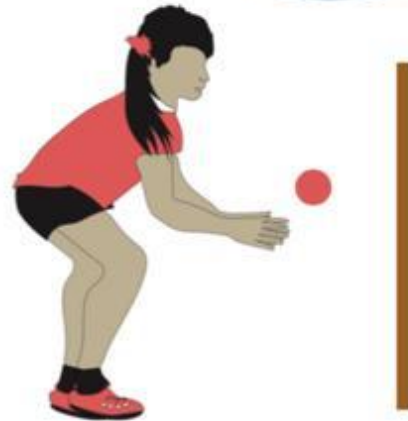


Which skills do you think are needed to enable you to succeed?

How many times can you throw a ball against a wall and catch it in 60 seconds?



You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.



You need a ball and a wall!
If you do not have a ball, use a rolled up pair of socks.

Don't drop it!
Each time you drop the ball take five seconds off your time!



With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?

Achieve Gold

40 throw and catches



Achieve Silver

30 throw and catches



Achieve Bronze

20 throw and catches

