



Zig-Zag Relay 60 Second Challenge

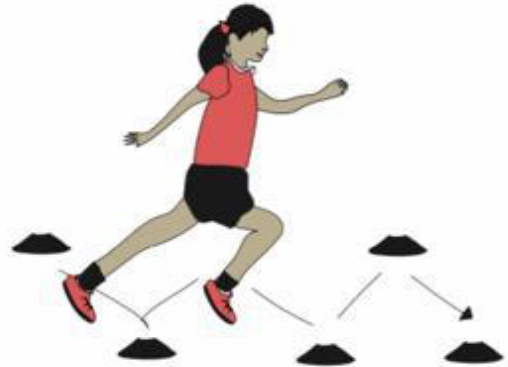


Do you believe in yourself and keep trying even if you want to give up?

How many zig-zag circuits can you complete in 60 seconds?



Choose a place to start and layout five objects in a zig-zag shape. On the command, 'go' run and touch the five objects and then run back to the start. Each time you return to the start you score a point.



Use objects to mark out your zig-zag course!

Use teddies, toys or socks as markers.

Challenge yourself!

Place the objects further apart.



Stop the clock, it's a race!

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



Achieve Gold

15 points



Achieve Silver

10 points



Achieve Bronze

5 points





Around the World 60 Second Challenge



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

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!



Use a ball

If you do not
have a ball,
use a cuddly toy
or a rolled up
pair of socks!

Move the ball
around your waist
in both directions
for 30 seconds to
make it harder.



Compete against a family member!

If you drop
your ball you
must stop!

Achieve Gold

50 times around
your waist.



Achieve Silver

40 times around
your waist.



Achieve Bronze

30 times around
your waist.





Bunny Jumps 60 Second Challenge



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

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.



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

To make it easier place two hands on the floor and jump side to side over a line.



Challenge other family members.
Who is the record holder in your family?

Achieve Gold

80 bunny jumps



Achieve Silver

60 bunny jumps



Achieve Bronze

40 bunny jumps





The Plank 60 Second Challenge



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

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.



No equipment is required.

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

If you're finding it tough stop after 30 seconds and have 5 second rest.



Achieve Platinum!

To achieve platinum can you perform the plank for 90 seconds?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more

