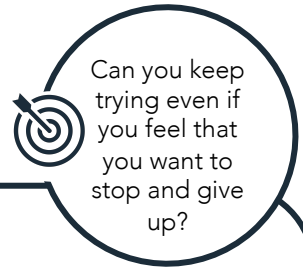


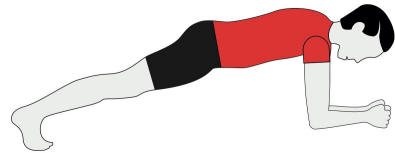


The Plank 60 Second Challenge



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 Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



Achieve Platinum!

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



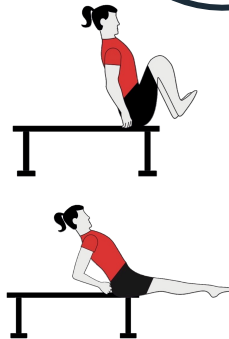


Tuck In, Tuck Out 60 Second Challenge



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 stool 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



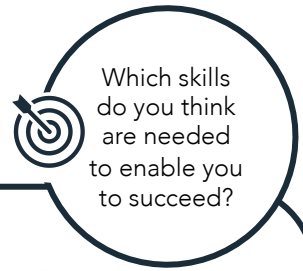
Complete P.E.
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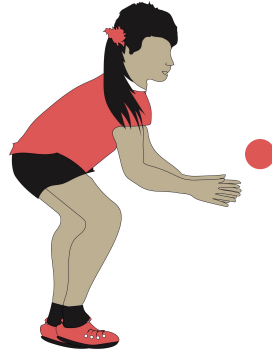


Wall Ball 60 Second Challenge



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



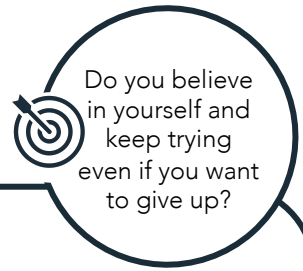
Achieve Bronze

20 throw and
catches



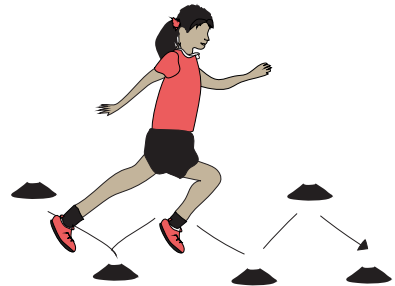


Zig-Zag Relay 60 Second Challenge



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



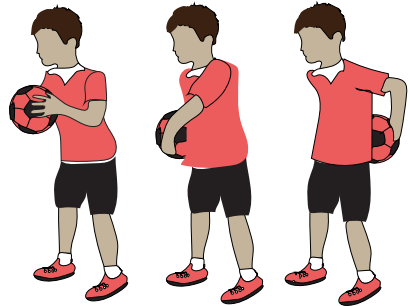


Around the World 60 Second Challenge



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.



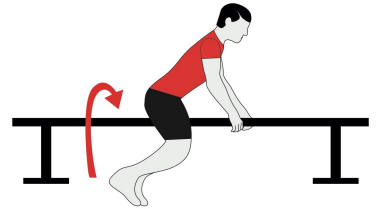


Bunny Jumps 60 Second Challenge



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



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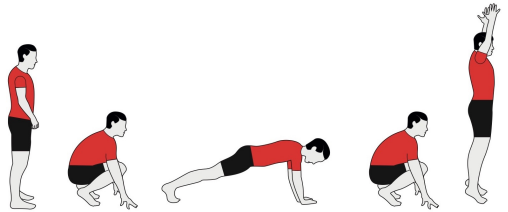
Burpees

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



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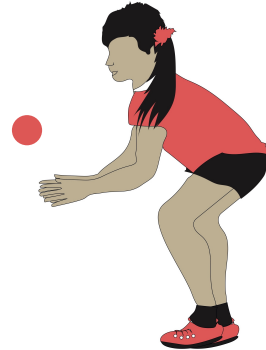


Catch and Clap 60 Second Challenge



Can you focus
on the ball to
maximise your
concentration?

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.



Throw and catch a ball

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

Don't drop it!

Each time you
drop the ball
take five seconds
off your time!



Play with a partner!

Throw, clap and
catch in pairs.
Can you achieve
a medal with
your partner?

Achieve Gold

35 catch
and claps



Achieve Silver

25 catch
and claps



Achieve Bronze

15 catch
and claps





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





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



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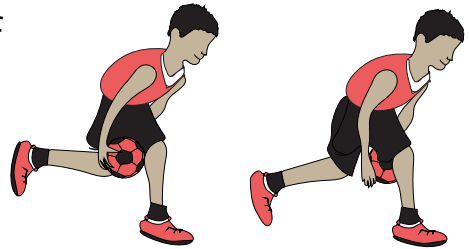


Figure of 8 60 Second Challenge



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

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



If you drop the ball, pick it up
quickly and carry on counting
your score from where you left off.



Use a ball

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

Don't drop it!

Each time you
drop the ball
take five seconds
off your time!



Stop the clock, it's a race!

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



Achieve Gold

40 times through
your legs



Achieve Silver

30 times through
your legs



Achieve Bronze

20 times through
your legs





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



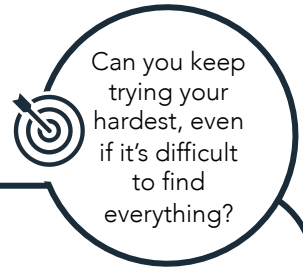
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Hunt the Hats 60 Second Challenge



Can you keep trying your hardest, even if it's difficult to find everything?

Can you find all ten hats within 60 seconds?



Ask a family member to hide ten of the same objects, hats, teddies or rolled up socks in the room.

Each time you find an object you must take it back to the start before searching for another object.

Hit 10 hats!

If you do not have ten hats, use teddies or rolled up socks.

Increase the amount of time!

If you have hidden the hats in different rooms, increase your time to 120 seconds!

Compete against someone!

Hide 10 objects, whoever finds the most in 60 seconds is the winner!

Achieve Gold

Find all **10** hats



Achieve Silver

Find **7** hats



Achieve Bronze

Find **4** hats

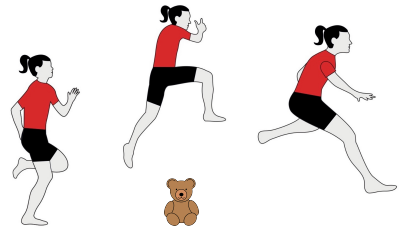




Obstacle Course 60 Second Challenge

Can you stay motivated and try and jump over as many objects as possible?

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.



You need lots of objects and a large space.

Use safe objects to jump over such as teddies and pillows.

Make it easier and see how many times you can jump over the same object in 60 seconds?



This game is best played outside in the garden with different family members.

Achieve Gold

35 points



Achieve Silver

25 points



Achieve Bronze

15 points



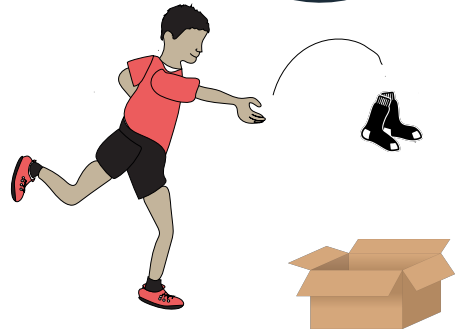


Socks in the Box 60 Second Challenge



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

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



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



You need lots of socks and a box!
If you do not have a box use a bowl.

Make it easier by increasing the time and reducing the distance.



Compete against someone else to see who pairs the most socks in 60 seconds. Put some odd socks in to make it harder!

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



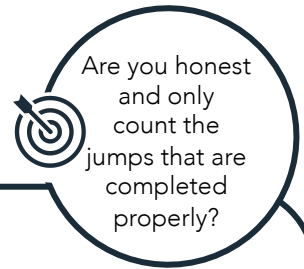
Achieve Bronze

10 pairs of socks





Speed Bounce 60 Second Challenge



Are you honest
and only
count the
jumps that are
completed
properly?

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



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



Jump over a pillow!

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

Set a Record!

The most bounces
in lockdown was
99. Can you set a
new speed bounce
record?



Compete against a family member!

If you touch the
pillow you must
stop bouncing.

Achieve Gold

70 bounces



Achieve Silver

50 bounces



Achieve Bronze

30 bounces



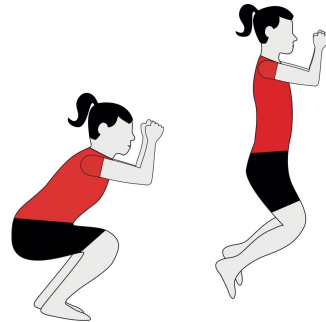


Squat Jumps 60 Second Challenge



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





Step In, Step Out 60 Second Challenge



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

How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



Mark out a circle
Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?



Race against someone!
Mark out two circles, who can step in and out of their circle the most amount of times?

Achieve Gold

55 step in,
step outs



Achieve Silver

45 step in,
step outs



Achieve Bronze

35 step in,
step outs



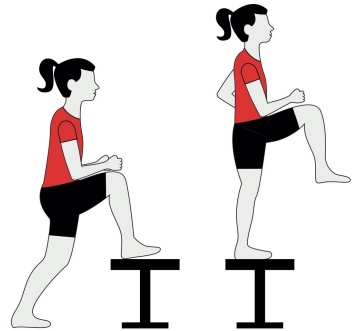


Step Ups 60 Second Challenge



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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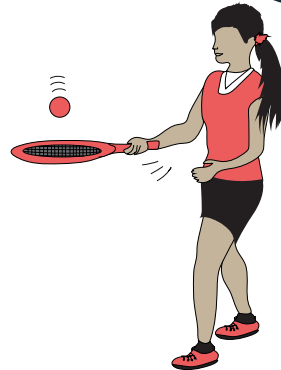
Tap Up Tennis

60 Second Challenge



Could you ask for help if you find the challenge hard?

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.



Use a racket and a ball

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



Increase the time by 30 seconds! But... you must flip your racket over after each tap.



Play with a partner. Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Achieve Gold

60 tap ups



Achieve Silver

45 tap ups



Achieve Bronze

30 tap ups

