



## 60 Second Challenge Obstacle Course

**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**

How will you move to make sure your jump is as many as you can?

**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	

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## 60 Second Challenge Socks in the Box

**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**

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

**Equipment**  
Socks and a Box!  
If you do not have a box use a bowl.  
Throw in unpaired socks as red herrings.

<b>Achieve Gold</b> 20 pairs of socks	
<b>Achieve Silver</b> 15 pairs of socks	
<b>Achieve Bronze</b> 10 pairs of socks	

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## 60 Second Challenge Super Slalom Run

**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**

Can you try and run as fast as possible?

**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	

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## 60 Second Challenge Catch and Clap

**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**

Which skills do you think will be key to succeed?

**Equipment**  
A ball  
If you do not have a ball use a toilet roll or pair of socks.

<b>Achieve Gold</b> 35 catch and claps	
<b>Achieve Silver</b> 25 catch and claps	
<b>Achieve Bronze</b> 15 catch and claps	

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## 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	1
<b>Achieve Silver</b> 45 Tap Ups	2
<b>Achieve Bronze</b> 30 Tap Ups	3

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## 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 use a foot pouffe or a stool.

<b>Achieve Gold</b> 70 Step Ups	1
<b>Achieve Silver</b> 45 Step Ups	2
<b>Achieve Bronze</b> 30 Step Ups	3

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## 60 Second Challenge Bean Bag Throw

Can you focus, concentrating on the target?

**The Physical Challenge**  
How many times can you throw a beanbag into a hoop in 60 seconds?  
Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive

**Equipment**  
A beanbag and a hoop  
If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

<b>Achieve Gold</b> 30 Throws	1
<b>Achieve Silver</b> 25 Throws	2
<b>Achieve Bronze</b> 20 Throws	3

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## 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!

<b>Achieve Gold</b> 80 Bounces	1
<b>Achieve Silver</b> 60 Bounces	2
<b>Achieve Bronze</b> 40 Bounces	3

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

## 60 Second Challenge Activity Tracking Sheet

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

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

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# Burnbrae Virtual Sports Day



Burnbrae Virtual Sports Day June 2020



I achieved bronze for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved bronze for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved bronze for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved bronze for \_\_\_\_\_.



# Burnbrae Virtual Sports Day



Burnbrae Virtual Sports Day June 2020



I achieved silver for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved silver for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved silver for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved silver for \_\_\_\_\_.



# Burnbrae Virtual Sports Day



Burnbrae Virtual Sports Day June 2020



I achieved gold for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved gold for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved gold for \_\_\_\_\_.

Burnbrae Virtual Sports Day June 2020



I achieved gold for \_\_\_\_\_.