

Undertake a



60 second challenge!

The Youth Sport Trust has created a number of home based 60 second challenges which can be found here <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

60 Second Challenge: Bean Bag Throw
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!

60 Second Challenge: Skipping
The Physical Challenge
 How many times can you skip in 60 seconds?
 Both feet must land over the skip to count.
#StayHomeStayActive
Equipment
 A skipping rope
 If you do not have a skipping rope, you can use a string or a piece of rope.

60 Second Challenge: Fast Feet
The Physical Challenge
 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 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.
#StayHomeStayActive
Equipment
 A ball and two markers
 If you do not have a ball how many times can you run around the marker and back?

60 Second Challenge: Tuck In Tuck Out
The Physical Challenge
 How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?
 Bring your legs up to your chest and then fully extend them out.
#StayHomeStayActive
Equipment
 A bench or a step
 If you do not have a bench or step complete the challenge in a raised position on the floor.

Achievement Medals:
Achieve Gold: 24 dribbles around the marker and back / 15 tuck in tuck outs
Achieve Silver: 18 dribbles around the marker and back / 10 tuck in tuck outs
Achieve Bronze: 12 dribbles around the marker and back / 5 tuck in tuck outs

- ➔ Take a look through their list and select one of their challenges
- ➔ Have a go to record your first score
- ➔ Try again to see if you can beat your score
- ➔ If you find it hard think about how you might do it differently; do you need a longer rest between attempts for example?
- ➔ If you find it easy, try and beat your score 3 times in a row
- ➔ You could also try to get a medal score.