

Have a go at the 60 Second Challenges! See if you can beat your family or compete with yourself! Can you beat your personal best? Good luck!

## 60 Second Challenge Activity Tracking Sheet

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

**Name:**

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

### 60 Second Challenge Burpees

**The Physical Challenge**

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

**#StayHomeStayActive**



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

### 60 Second Challenge Bunny Jumps

**The Physical Challenge**

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.

**#StayHomeStayActive**



Can you keep going even when you are tired?

**Equipment**

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

- Achieve Gold**

30 burpees 
- Achieve Silver**

20 burpees 
- Achieve Bronze**

10 burpees 

**Equipment**

A bench or a stool\*

\*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.

- Achieve Gold**

80 Bunny Jumps 
- Achieve Silver**

60 Bunny Jumps 
- Achieve Bronze**

40 Bunny Jumps 

### 60 Second Challenge Around the World

**The Physical Challenge**

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.

**#StayHomeStayActive**



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

**Equipment**

A ball

If you do not have have a ball use a pillow or a cuddly toy.

- Achieve Gold**

50 Times around your waist. 
- Achieve Silver**

40 Times around your waist. 
- Achieve Bronze**

30 Times around your waist. 

### 60 Second Challenge Air Balloon

**The Physical Challenge**

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



Can you keep trying even if you lose a life?

**Equipment**

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

- Achieve Gold**

Lose 0 lives 
- Achieve Silver**

Lose 1 life 
- Achieve Bronze**

Lose 2 lives 

Next week we will have four new 60 Second Challenges!