Physical Activity Challenges.

Strike Lane Primary School.

Week Two!

Let's Keep Active!



Well done everyone, you've made it to week two! we hope you enjoy completing the next five activities and keep sending in pictures of the challenges you complete





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

60 Second Challenge Activity Tracking Sheet

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

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Activities Completed:		
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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



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.

Achieve Gold

50 mountain climbers



Challenge yourself!

Perform a press up after each mountain climber.

Achieve Silver

30 mountain climbers



Compete against other family members.

The first person to achieve gold is the winner.

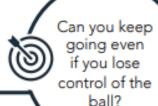
Achieve Bronze

20 mountain climbers





Fast Feet 60 Second Challenge



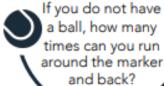
How many times can you dribble a ball around a marker and back in 60 seconds?



Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.



A ball and two markers.



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





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





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



Well done! You've completed week two.

Let you class teacher know how you did. Did you achieve Bronze, Silver or Gold?