

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, Silver
and Bronze?

Name: _____

Activities Completed:



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.

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



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?





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.

Achieve Gold

50 mountain
climbers



Achieve Silver

30 mountain
climbers



Achieve Bronze

20 mountain
climbers



**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.





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





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.

Achieve Gold

35 points



Achieve Silver

25 points



Achieve Bronze

15 points



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.





Congratulations!

**Well done! You've
completed week two.**

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