

Physical Activity Challenges.

Strike Lane Primary School.

Week Three!

**Let's
Keep
Active!**



Some of the challenges ask that you use specific equipment such as balloons and beanbag but if you don't have these available, we are more than happy for you to substitute these for other alternatives.



Skipping 60 Second Challenge



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

How many times can you skip in 60 seconds?



Both feet must land over the rope for the skip to count.



Use a skipping rope

If you do not have a rope, don't worry, you can jump on the spot!

Set a Record!

The most skips in lockdown was 121. Can you set a new skipping record?



Three's a crowd!

Two people hold/turn the rope and one person skips. How many skips can you complete?

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips





Socks in the Box 60 Second Challenge



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

How many socks can you pair up and put in the box in 60 seconds?



Place unpaired socks five steps away from a box. Players run, match up a pair of socks and place them in the box.

You need lots of socks and a box!
If you do not have a box use a bowl.

Make it easier by increasing the time and reducing the distance.

Compete against someone else to see who pairs the most socks in 60 seconds. Put some odd socks in to make it harder!



Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks





Speed Bounce 60 Second Challenge



Are you honest
and only
count the
jumps that are
completed
properly?

How many times can you
bounce over a pillow in
60 seconds?



Both feet must land over the pillow
for the jump to count.



**Jump over
a pillow!**

If you do not
have a pillow,
jump over a safe
object!

**Set a
Record!**

The most bounces
in lockdown was
99. Can you set a
new speed bounce
record?



**Compete against
a family member!**

If you touch the
pillow you must
stop bouncing.

Achieve Gold

70 bounces



Achieve Silver

50 bounces



Achieve Bronze

30 bounces





Squat Jumps 60 Second Challenge



Can you be honest when counting your score?

How many squat jumps can you perform in 60 seconds?



Stand behind a line and jump forwards, perform a squat and repeat.

Achieve Gold

35 squat jumps



Achieve Silver

25 squat jumps



Achieve Bronze

10 squat jumps



No equipment is required.

Just make sure you use a clear, open and safe space.

Challenge yourself!

Perform a twist or turn as you jump to make it harder.

Try jumping in different ways for 60 seconds.

Can you compete against different family members?





Star Jumps 60 Second Challenge



Can you maintain your technique even when you are tired?

How many star jumps can you complete in 60 seconds?



Make sure you clap your hands above your head and bring your feet together.



No equipment is required.

Just make sure you use a clear, open and safe space.

Challenge yourself!

Touch the floor after each star jump to make it harder.



Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold

60 star jumps



Achieve Silver

45 star jumps



Achieve Bronze

30 star jumps





Congratulations!

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

Let your class teacher know how you did!