

# Physical Activity Challenges.

Strike Lane Primary School.

Week Four! The FINAL week.

**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.



## Step Ups 60 Second Challenge

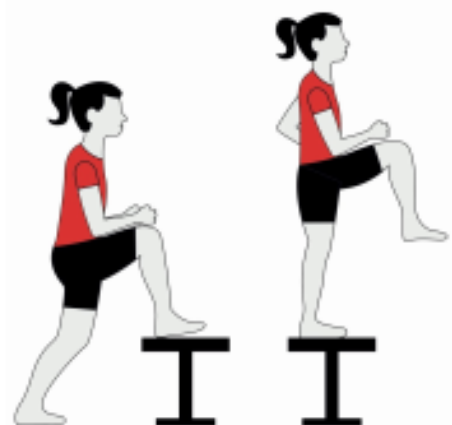


Can you focus,  
concentrating  
on the step?

How many times can you  
step up and down a step  
in 60 seconds?



You must step up and down with  
one foot at a time. No jumping!



### You need a step!

If you do not  
have a step us a  
foot pouffe or a  
stool.

### Increase the number of steps!

Make it harder  
by stepping up  
and down two  
steps (stairs).

### Compete as a family.

Adapt the challenge  
depending who  
is playing! You  
could step in and  
out of a circle.



### Achieve Gold

60 step ups



### Achieve Silver

45 step ups



### Achieve Bronze

30 step ups





## Super Slalom Run 60 Second Challenge



Do you consider how to use your body so that you can run as fast as possible?

How many slalom runs can you complete in 60 seconds?



Layout three objects three steps apart. You must run in and out of the objects and back to the start to complete one slalom run.



**You need a safe space and three objects!**  
Use objects such as teddies and cans as markers.

Make it easier and see how many times you can run around one object in 60 seconds?



This game is best played outside in the garden with different family members.

**Achieve Gold**

**24** slalom runs



**Achieve Silver**

**18** slalom runs



**Achieve Bronze**

**12** slalom runs





## Tap Up Tennis 60 Second Challenge



Could you ask for help if you find the challenge hard?

How many times can you tap up a tennis ball on a racket in 60 seconds?



If the ball touches the floor, time continues but your score freezes until you start tapping again.



### Use a racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!



**Increase the time by 30 seconds!** But... you must flip your racket over after each tap.



**Play with a partner.** Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

### Achieve Gold

60 tap ups



### Achieve Silver

45 tap ups



### Achieve Bronze

30 tap ups





## The Plank 60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

Can you hold the 'plank' position for 60 seconds?



Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



**No equipment is required.**

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

If you're finding it tough stop after 30 seconds and have 5 second rest.



**Achieve Platinum!**

To achieve platinum can you perform the plank for 90 seconds?

**Achieve Gold**

**60** seconds or more



**Achieve Silver**

**45** seconds or more



**Achieve Bronze**

**30** seconds or more





## Tuck In, Tuck Out 60 Second Challenge



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

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?



You must bring your legs up to your chest and then fully extend them out again!



### Use a bench or a stool

Make sure that the object you are using is fixed to the floor.

If you do not have a bench or step complete the challenge in a raised position on the floor.



### Synchronised tuck in tuck outs!

With a partner, can you perform this challenge in time with each other?

### Achieve Gold

**40** tuck in,  
tuck outs



### Achieve Silver

**30** tuck in,  
tuck outs



### Achieve Bronze

**15** tuck in,  
tuck outs







Congratulations!

# Well done! You've completed week four

This is our last week of challenges. We hope you have enjoyed completing the activities and thank you to everyone who took part.