





Air Balloon Challenge

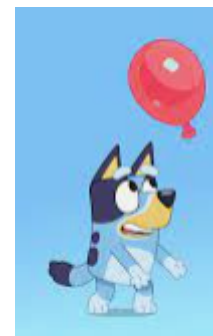
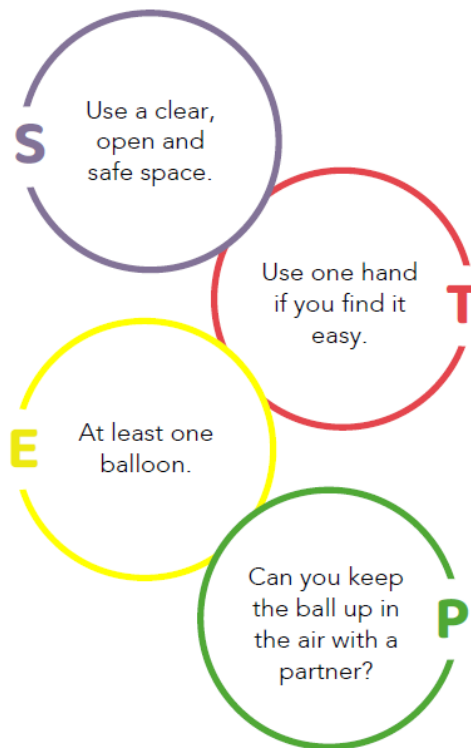
Can you keep the balloon up in the air for 60 seconds?

- Start with three lives.
- If the balloon touches the floor, they lose a life.
- The more lives you lose the lower your score will be.

Equipment needed

Balloon
Stopwatch

Key stage
EYFS and KSI



Achieve Gold

Lose 0 lives.



Achieve Silver

Lose 1 life.



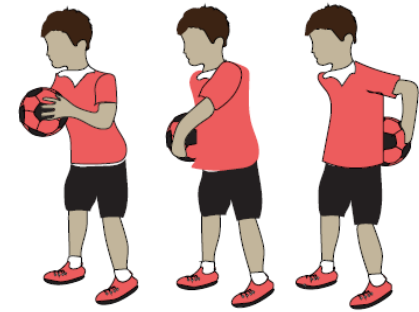
Achieve Bronze

Lose 2 lives.





Around the World



How many times can you pass the ball around your waist in 60 seconds?

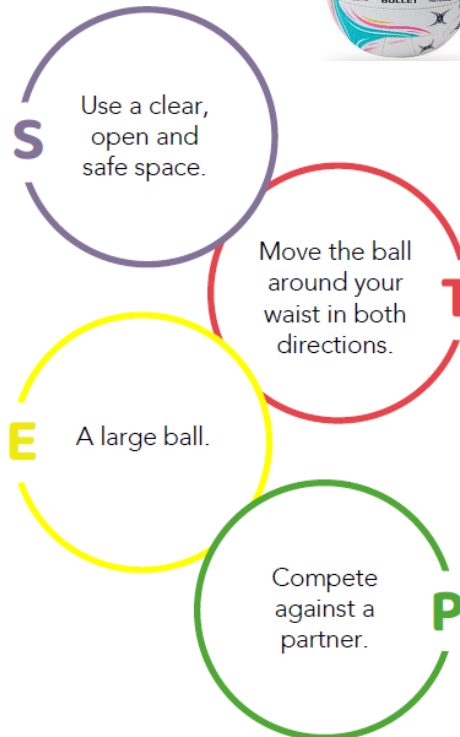


- If you drop the ball, you need to pick it up quickly and carry on.

Equipment needed

Large Ball
Stopwatch

Key stage
KSI & KS2



Achieve Gold

50 times around your waist



Achieve Silver

40 times around your waist



Achieve Bronze

30 times around your waist





Bean Bag Throw



How many times can you throw a beanbag into a hoop in 60 seconds?

- You need to collect the beanbag and return to the throwing line before throwing the beanbag again.

Equipment needed

Hula Hoop
Bean Bag
Stopwatch

Key stage

EYFS, KS1 and KS2



Achieve Gold

30 successful throws



Achieve Silver

20 successful throws



Achieve Bronze

10 successful throws



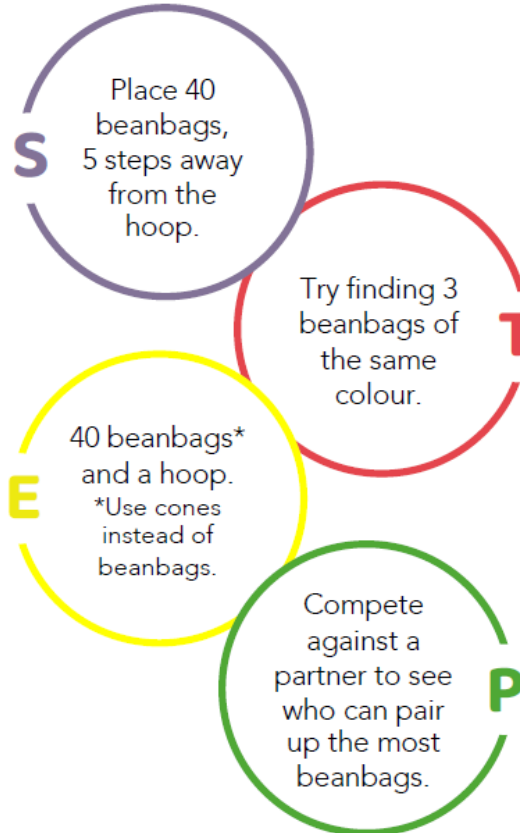


Beanbags in the Hoop



How many beanbags can you pair up and put in the hoop in 60seconds?

- Pupils run and pick up two of the same colour beanbags and place them in the hoop.



Equipment needed

Hoops

Bean bags / cones

Stopwatch

Key stage

EYFS, KSI & KS2

Achieve Gold

20 matching beanbags



Achieve Silver

15 matching beanbags



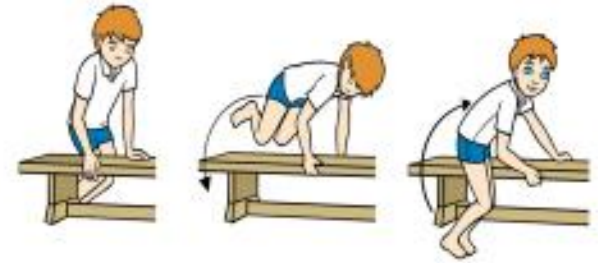
Achieve Bronze

10 matching beanbags





Bunny Jumps



How many bunny jumps over a bench can you complete in 60 seconds?

- Make sure you place two hands on the bench and jump side to side making sure, both feet go over the bench.


Equipment needed

Bench

Stopwatch

Key stage

KS1 & KS2

Achieve Gold 

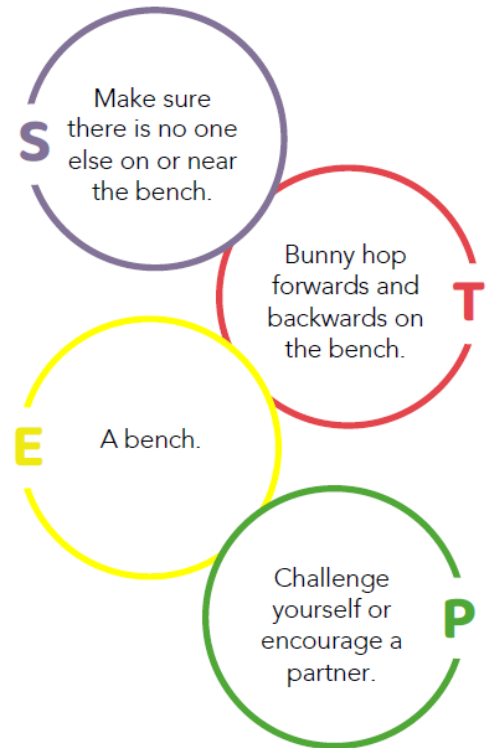
45 bunny jumps

Achieve Silver 

35 bunny jumps

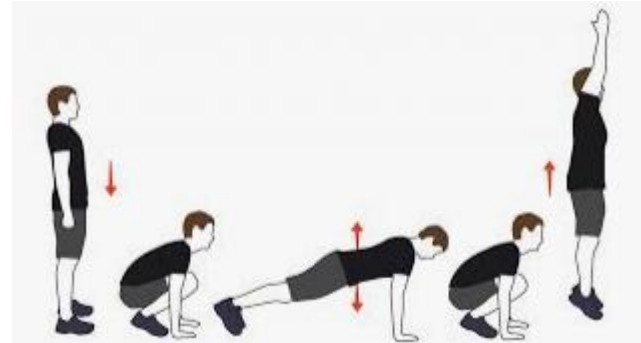
Achieve Bronze 

25 bunny jumps





Burpees



How many burpees can you complete in 60 seconds?

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



Equipment needed

Optional mat
Stopwatch

Key stage

KS1 & KS2

Achieve Gold

25 burpees



Achieve Silver

20 burpees



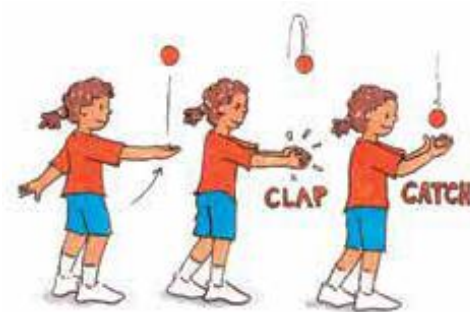
Achieve Bronze

15 burpees





Catch and Clap



How many times can you throw a ball up, clap once and catch it in 60 seconds?

- If you drop the ball, carry on counting your score from where you left off.

Equipment needed

Ball / Beanbag
Stopwatch

Key stage
KSI & KS2

Achieve Gold 
35 catch and claps

Achieve Silver 
25 catch and claps

Achieve Bronze 
15 catch and claps





Climb the Mountain



How many mountain climbers can you complete in 60 seconds?

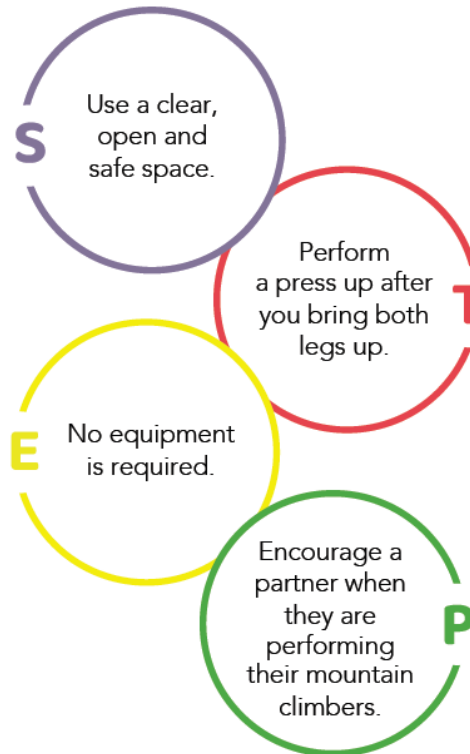
- Make sure you bring your knees up as you move, do not just flick your legs up and down.

Equipment needed

Stopwatch

Key stage

KS1 & KS2



Achieve Gold

40 mountain climbers



Achieve Silver

30 mountain climbers



Achieve Bronze

20 mountain climbers





Fast Feet



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

- Each time you dribble the ball around the marker and back you score a point.



Equipment needed


- Football
- 2 x Cones
- Stopwatch

Key stage

EYFS, KSI & KS2

Achieve Gold 

24 dribbles around the cone and back

Achieve Silver 

18 dribbles around the cone and back

Achieve Bronze 

12 dribbles around the cone and back



Figure of 8



How many times can you pass a ball through both of your legs in 60 seconds?

- If you drop the ball, you need to pick it up quickly and carry on.


Equipment needed

Large Ball
Stopwatch

Key stage
KSI & KS2


Achieve Gold

35 times through your legs



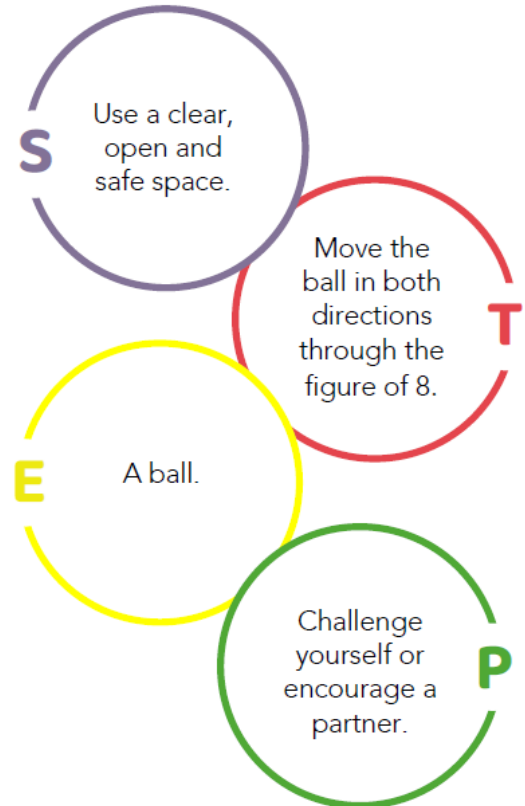

Achieve Silver

25 times through your legs



Achieve Bronze

15 times through your legs





Hopscotch in a Hurry



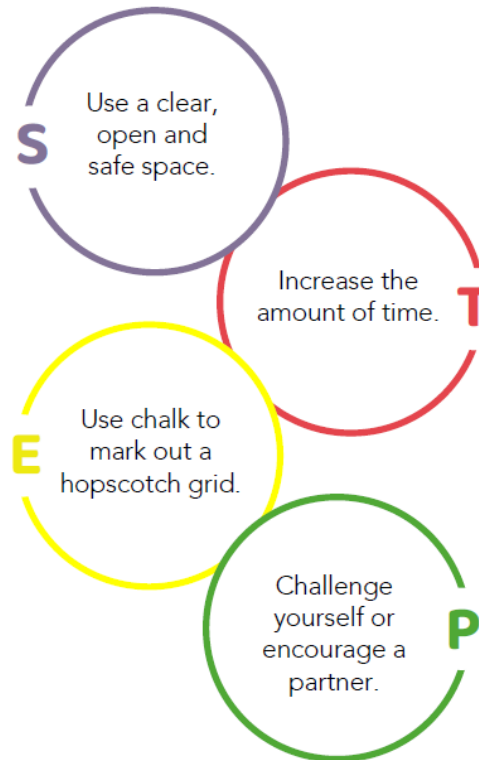
How many times can you complete the hopscotch grid and run back to the start in 60 seconds?

- Mark out a hopscotch grid on the floor.
- Each time you complete a hopscotch grid, run back to the start and you will score a point.

Equipment needed

Chalk to mark out hopscotch grid
Stopwatch

Key stage
KSI & KS2



Achieve Gold

16 completed hopscotch circuits



Achieve Silver

12 completed hopscotch circuits



Achieve Bronze

8 completed hopscotch circuits





Skipping



How many times can you skip in 60 seconds?

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

Equipment needed

Skipping Rope

Stopwatch

Key stage

KS1 & KS2



Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips





Super Slalom Run



How many slalom runs can you complete in 60 seconds?

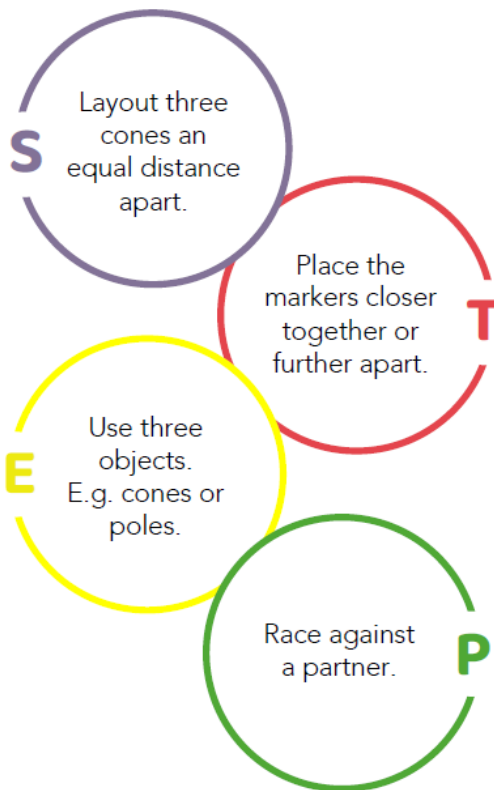
- You must run in and out of the objects and back to the start to complete one slalom run.
- Make sure you avoid the cones or poles.

Equipment needed

3 x cones
Stopwatch

Key stage

EYFS, KSI & KS2



Achieve Gold

15 slalom runs



Achieve Silver

10 slalom runs



Achieve Bronze

5 slalom runs





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

- Both feet must land over the cone for the jump to count.

Equipment needed

Cone or a skipping rope to lay on the floor or just draw a line with chalk.

Stopwatch

Key stage

KSI & KS2



Achieve Gold

75 bounces



Achieve Silver

60 bounces



Achieve Bronze

45 bounces





Squat Jumps



How many squat jumps can you perform in 60 seconds?

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

Equipment needed

Stopwatch

Key stage

KS1 & KS2



Achieve Gold

30 squat jumps

Achieve Silver

20 squat jumps

Achieve Bronze

10 squat jumps



Star Jumps

How many star jumps can you complete in 60 seconds?



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

Equipment needed

Stopwatch

Key stage

KS1 & KS2



Achieve Gold

60 star jumps



Achieve Silver

45 star jumps



Achieve Bronze

30 star jumps





Step In, Step Out

How many times can you step in and step out of a circle in 60 seconds?

- Mark out a circle on the floor.
- You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again.
- No jumping!

Equipment needed

Hoop or circle drawn with chalk
Stopwatch

Key stage

EYFS, KSI & KS2

Achieve Gold

60 step in, step outs



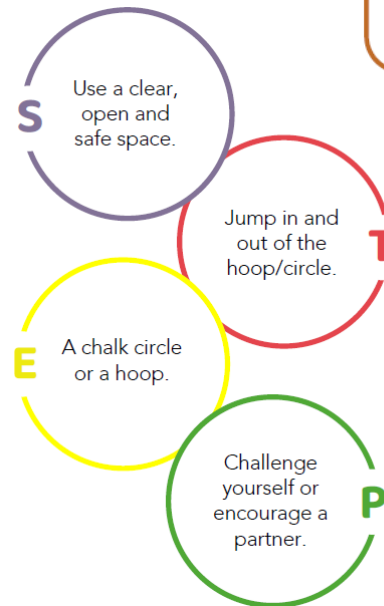
Achieve Silver

50 step in, step outs



Achieve Bronze

40 step in, step outs





Step Ups



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

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

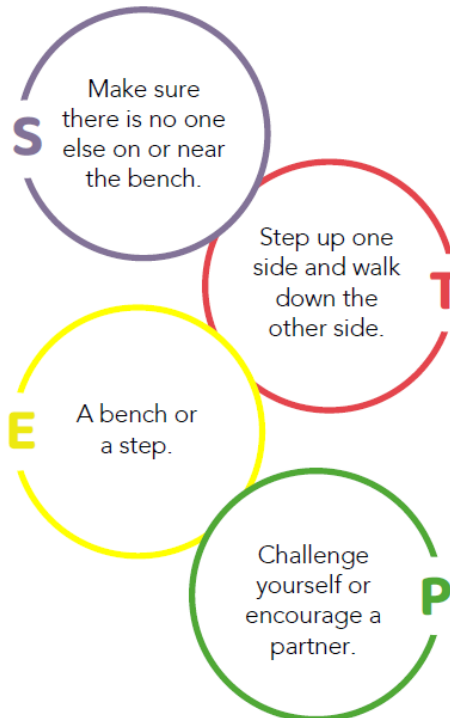
Equipment needed

Bench

Stopwatch

Key stage

EYFS, KSI & KS2



Achieve Gold

60 step ups



Achieve Silver

45 step ups



Achieve Bronze

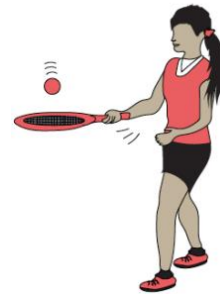
30 step ups





Tap Up Tennis

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

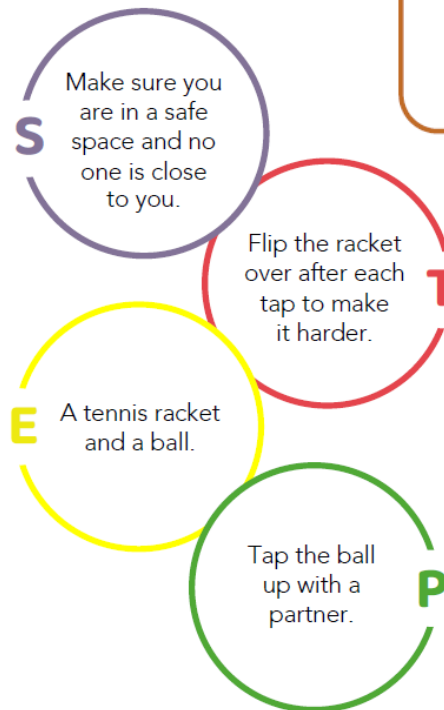


- If the ball touches the floor, time continues but your score freezes until you start tapping up the ball again.

Equipment needed

Tennis racket
Tennis ball
Stopwatch

Key stage
KSI & KS2



Achieve Gold

60 tap ups



Achieve Silver

45 tap ups



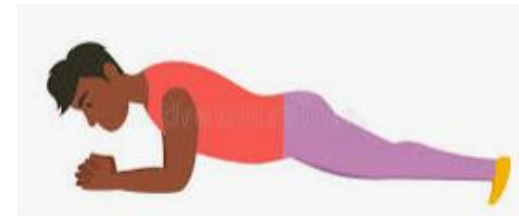
Achieve Bronze

30 tap ups





The Plank



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

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

Equipment needed

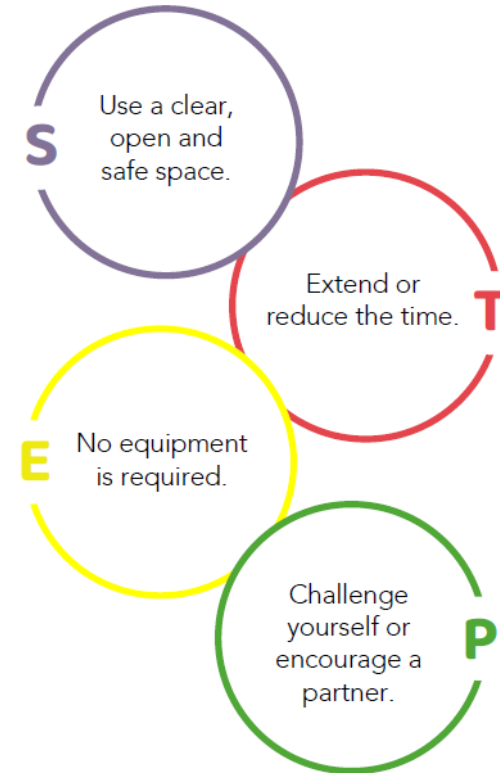
Optional Mat
Stopwatch

Key stage
KS2

Achieve Gold
60 seconds or more

Achieve Silver
45 seconds or more

Achieve Bronze
30 seconds or more





Tuck In, Tuck Out



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

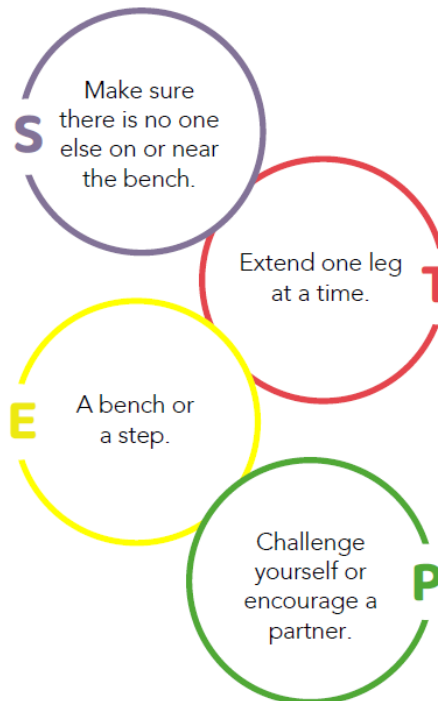
- Bring your legs up to your chest and then fully extend them out.
- Each time you complete this action you score a point.

Equipment needed

Bench / Step or on floor / mat
Stopwatch

Key stage

KS2



Achieve Gold

15 tuck in, tuck outs



Achieve Silver

10 tuck in, tuck outs



Achieve Bronze

5 tuck in, tuck outs





Wall Ball



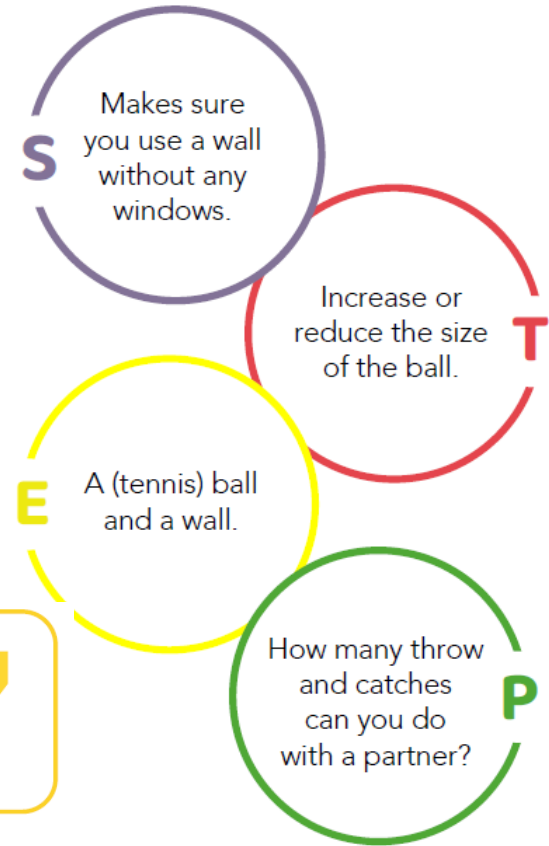
How many times can you throw a ball against a wall and catch it in 60 seconds?

- You must stand at least two steps away from the wall when throwing the ball.
- If you drop the ball, carry on counting your score from where you left off when you dropped the ball.

Equipment needed

Tennis ball & windowless wall
Stopwatch

Key stage
KSI & KS2



Achieve Gold

35 throw and catches



Achieve Silver

25 throw and catches



Achieve Bronze

15 throw and catches.





Zig-Zag Relay



How many zig-zag circuits can you complete in 60 seconds?

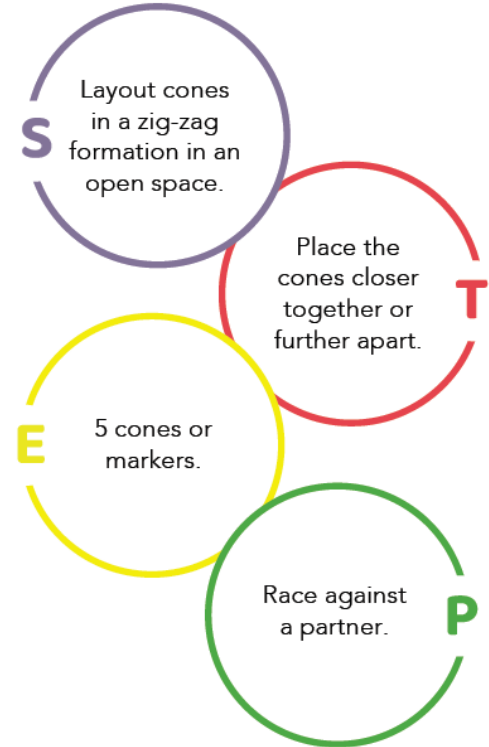
- Choose a place to start and layout five cones in a zig-zag shape.
- On the command, 'go' run and touch the five cones and then run back to the start.
- Each time you return to the start you score a point.

Equipment needed

5 x cones
Stopwatch

Key stage

EYFS, KSI & KS2



Achieve Gold
15 points

Achieve Silver
10 points

Achieve Bronze
5 points



Active 60 Challenges – Score Tracking Sheet

Challenge:	Attempt 1	Attempt 2	Attempt 3
Pupil:			
Pupil:			
Pupil:			
Pupil:			
Pupil:			
Pupil:			

Play Leader:
Play Leader:






Active 60 Challenges

Individual Score Tracking Sheet

Active 60 Challenge

Add your score to the boxes below once you achieve Bronze, Silver or Gold?



Pupil name:
Verified by:

