



60 second personal challenges

Attempt each of the challenges 3 times; you are allowed to practice between attempts but must record the scores of the 60s timed challenge. Use your skill of persistence to try to improve your score but understand that this will not always happen. Try to complete 2 different challenges per day

Around the World - How many times can you pass a ball around your waist in 60 seconds? If you drop the ball you need to pick it up quickly and carry on. If you do not have a ball you can use a pillow or a cuddly toy.

Believe in yourself and keep trying if you drop the ball

Keep trying even when you want to give up.

Skipping Challenge - How many times can you skip in 60 seconds? Both feet must land over the rope for the skip to count. If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Speed Bounce - How many times can you bounce over a pillow or a safe object in 60 seconds? Both feet must land over the pillow for the jump to count.

Are you honest? Only count the jumps that are completed properly

Do you ask for help if you find it hard?

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

Super Slalom run - How many slalom runs can you complete in 60 seconds? Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run. This activity is best played outside, where you have lots of space

Can you try to run as fast as possible?

Can you keep trying even if you lose a life?

Air Balloon - Can you keep the balloon up in the air for 60 seconds? If the balloon touches the floor you lose a life. The more lives you lose the lower your score. Record how many lives you lose. If you do not have a balloon, use scrunched up tissue paper or a bag!

Climb the Mountain - How many mountain climbers can you complete in 60 seconds? Make it harder by performing a press up after you bring both legs up. You just need yourself and enough space on the floor! Why not compete against a family member?

Can you keep going even when you are tired?

Can you focus, concentrating on the target?

Bean Bag Throw - How many times can you throw a beanbag into a hoop in 60 seconds? Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown. If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Squat Jumps - How many squat jumps can you perform in 60 seconds? Stand behind a line and jump forwards, perform a squat and repeat. Turn around and go the other way when you have run out of room! Why not compete against a family member?

Can you be honest when counting your score?

Step Ups Challenge - 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! If you do not have a step you can use a foot pouffe or a stool.

Can you focus, concentrating on the step?

60 second challenges record sheet



Name

Challenge	First attempt	Second attempt	Third attempt
Around the world			
Skipping challenge			
Speed Bounce			
Tap up tennis			
Super slalom run			
Air balloon			
Climb the mountain			
Bean bag throw			
Squat Jumps			
Step ups challenge			