

Wybourn Community Primary School – 60 second Sports Day Challenge



60 Second Sports Day Challenge

- We would like every child and their parents to have a go at our 60 second sports day challenge.
- Look at the instructions and videos so you know what to do.
- Have a few goes at each challenge and write down the top score for each one.
- Use the results sheet to record your results and submit to us.
- We will then be able to see which class is the champion class per year group.
- It is about fun and participating, so we are rewarding the class who has most participants – including parents!!
- Remember the School Games Values and have fun.



Clap Catch Challenge



Equipment – ball or rolled up socks. How many claps can you do in a minute?
Click on the video below to see how it is done.



60 Second Challenge

Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge

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.

#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold

35 catch and claps

Achieve Silver

25 catch and claps

Achieve Bronze

15 catch and claps

Complete P.E.

YOUTH SPORT TRUST

25 YEARS

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Climb the Mountain Challenge



Click on the video below to see how it is done.



60 Second Challenge

Climb the Mountain

Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers

Achieve Silver

30 Mountain Climbers

Achieve Bronze

20 Mountain Climbers

Star Jump Challenge



Click on the video to see how it is done. Can you do more than 30 in 60 seconds?



60 Second Challenge Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

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

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

30 Star Jumps



Tap Up Tennis Challenge



Equipment needed –
Tennis racket or frying
pan, tennis ball or rolled
up socks.
Can you be a Gold
performer?
Click on the video to see
how it is done.



60 Second Challenge

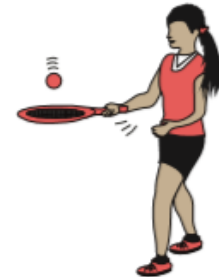
Tap Up Tennis

Do you ask for
help if you
find it hard?

The Physical Challenge

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!



#StayHomeStayActive

Equipment

A tennis racket
and a ball

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

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups



Squat Jump Challenge

Click on the video below to see how it is done.



60 Second Challenge Squat Jumps

Can you be honest when counting your score?

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

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

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps



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future

Fast Feet Challenge

Click on the video below to see how it is done.
How many can you do in 60 seconds?



60 Second Challenge Fast Feet

Can you keep going even if you lose control of the ball?

The Physical Challenge

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 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

#StayHomeStayActive



Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back

