

60-second challenge... Game on!

Try out these sports challenges and why not challenge a family member.

Monday

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.



Tuesday

Socks in the Box

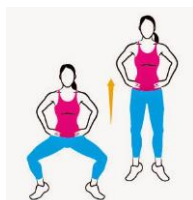
How many socks can you pair up and put in the box in 60 seconds? Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



Wednesday

Squat Jumps

How many squat jumps can you perform in 60 seconds? Stand behind a line and jump forwards, perform a squat and repeat.



Thursday

The Plank

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.



Friday

Obstacle race

How many obstacles can you run around or jump over in 60 seconds? Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.

For more family game ideas follow this link:

<https://www.youthsporttrust.org/pe-home-learning>