Burnbrae Virtual Sports Day

60 Second Challenge

Obstacle Course

The Physical Challenge
How many obstacles can you run around or jump over in 60 seconds?
Be realistic - choose objects: pillows, teddies around the space. Each time you jump over an object you score a point.
#StayHomeStayActive

Equipment
- Lots of objects and enough space on the floor!
- Use as many objects as you can.
- The game is best played outside in the garden.

Achieve Gold: 45 points
Achieve Silver: 30 points
Achieve Bronze: 15 points

Socks in the Box

The Physical Challenge
How many socks can you pass up and put in the box in 60 seconds?
Place unpaired socks 5 steps away from a box. Pass the socks into a pair of socks and place them in the box.
#StayHomeStayActive

Equipment
- Socks and a bowl
- If you do not have a box, use a bowl.
- Throw in unpaired socks so red herrings.

Achieve Gold: 20 pairs of socks
Achieve Silver: 15 pairs of socks
Achieve Bronze: 10 pairs of socks

Super Slalom Run

The Physical Challenge
How many slalom runs can you complete in 60 seconds?
Layout 3 objects 2 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.
#StayHomeStayActive

Equipment
- A safe space and 3 objects.
- This activity is best played outside, where you have lots of space.

Achieve Gold: 20 Slalom Runs
Achieve Silver: 18 Slalom Runs
Achieve Bronze: 12 Slalom Runs

Catch and Clap

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

Achieve Gold: 35 catch and claps
Achieve Silver: 25 catch and claps
Achieve Bronze: 15 catch and claps
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60 Second Challenge
Tap Up Tennis

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.

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Equipment
A tennis racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of scissors.

Achieve Gold
60 Tap Ups

Achieve Silver
45 Tap Ups

Achieve Bronze
30 Tap Ups

60 Second Challenge
Step Ups

The Physical Challenge
How many times can you step up and down in 60 seconds?
You must step up and down with one foot at a time. No jumping!

#StayHomeStayActive

Equipment
A step
If you do not have a step, use a footstool or a stool.

Achieve Gold
70 Step Ups

Achieve Silver
45 Step Ups

Achieve Bronze
30 Step Ups

60 Second Challenge
Bean Bag Throw

The Physical Challenge
How many times can you throw a bean bag 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.

#StayHomeStayActive

Equipment
A beanbag and a hoop
If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead?

Achieve Gold
30 Throws

Achieve Silver
25 Throws

Achieve Bronze
20 Throws

60 Second Challenge
Speed Bounce

The Physical Challenge
How many times can you bounce over a pillow in 60 seconds?
Both feet must land over the pillow for the jump to count.

#StayHomeStayActive

Equipment
A pillow
If you do not have a pillow, jump over a safe object!

Achieve Gold
80 Bounces

Achieve Silver
60 Bounces

Achieve Bronze
40 Bounces
# Burnbrae Virtual Sports Day

## 60 Second Challenge

**Activity Tracking Sheet**

**Name:**

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- Tick the boxes when you achieve Gold, Silver and Bronze?
- Can you keep working hard to achieve Gold, Silver and Bronze?
I achieved bronze for ________________________________.

I achieved bronze for ________________________________.

I achieved bronze for ________________________________.

I achieved bronze for ________________________________.
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I achieved silver for ________________________________.

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I achieved silver for ________________________________.

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I achieved silver for ________________________________.

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I achieved silver for ________________________________.
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I achieved gold for _______________________________.

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I achieved gold for _______________________________.

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I achieved gold for _______________________________.

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I achieved gold for _______________________________.

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I achieved gold for _______________________________.