**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?

- Use as many objects as you can.
- The game is best played outside in the garden.

**Equipment**
- Lots of objects and enough space on the floor.

**Achieve Points**
- Gold: 48 points
- Silver: 30 points
- Bronze: 13 points

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**60 Second Challenge: Socks in the Box**

**The Physical Challenge**
How many socks can you pair up and put in the box in 60 seconds?

**Equipment**
- Socks and a bowl
- Pair up socks and put them in the box.

**Achieve Points**
- Gold: 20 pairs of socks
- Silver: 15 pairs of socks
- Bronze: 10 pairs of socks

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**60 Second Challenge: Super Slalom Run**

**The Physical Challenge**
How many slalom runs can you complete in 60 seconds?

**Equipment**
- A safe space and 3 objects

**Achieve Points**
- Gold: 20 slalom runs
- Silver: 18 slalom runs
- Bronze: 12 slalom runs

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**60 Second Challenge: Catch and Clap**

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

**Equipment**
- A ball

**Achieve Points**
- Gold: 35 catch and claps
- Silver: 25 catch and claps
- 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 a step in 60 seconds?
You must step up and down with one foot at a time. No jumping!

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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 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.

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Equipment
A beanbag and a hoop
If you do not have a beanbag and 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.

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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
## 60 Second Challenge
### Activity Tracking Sheet

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<th>Name:</th>
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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 ___________________________________________________________________.

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I achieved bronze for ___________________________________________________________________.

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I achieved bronze for ___________________________________________________________________.

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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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Burnbrae Virtual Sports Day June 2020

I achieved gold for ______________________________.

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I achieved gold for ______________________________.

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I achieved gold for ______________________________.