**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 creative! Place objects like pillows, teddy bears around the space. Each time you jump over an object, you score a point.

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

**Achieve Gold**
40 points

**Achieve Silver**
30 points

**Achieve Bronze**
15 points

#StayHomeStayActive

**60 Second Challenge - 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 3 steps away from a box. Players run, match up a pair of socks and place them in the box.

**Equipment**
Socks and a bowl. If you do not have a box, use a bowl.

**Achieve Gold**
20 pairs of socks

**Achieve Silver**
15 pairs of socks

**Achieve Bronze**
10 pairs of socks

#StayHomeStayActive

**60 Second Challenge - Super Slalom Run**

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

**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

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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? The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

**Equipment**
A ball

**Achieve Gold**
35 catch and claps

**Achieve Silver**
23 catch and claps

**Achieve Bronze**
15 catch and claps

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Burnbrae Virtual Sports Day

**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

**Achieve Gold**
60 Tap Ups

**Achieve Silver**
45 Tap Ups

**Achieve Bronze**
30 Tap Ups

**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

**Achieve Gold**
70 Step Ups

**Achieve Silver**
45 Step Ups

**Achieve Bronze**
30 Step Ups

**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.
Your foot must touch the beanbag and return to the throwing line once thrown.

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**Equipment**
A beanbag and a hoop

**Achieve Gold**
30 Throws

**Achieve Silver**
25 Throws

**Achieve Bronze**
20 Throws

**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

**Achieve Gold**
80 Bounces

**Achieve Silver**
60 Bounces

**Achieve Bronze**
40 Bounces
# 60 Second Challenge Activity Tracking Sheet

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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 ________________________________.
Burnbrae Virtual Sports Day

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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 ________________________________.
I achieved gold for __________________________________________.
I achieved gold for __________________________________________.
I achieved gold for __________________________________________.
I achieved gold for __________________________________________.