

### **60 Second Challenge**

- You have 3 attempts at each '60 Second Challenge'.
- Record every attempt.
- See if you can beat your score every time and get the Gold medal!

Challenge	1 <sup>st</sup> attempt	2 <sup>nd</sup> attempt	3 <sup>rd</sup> attempt
Squat Jumps			
The Plank			
Star Jumps			
Tuck in Tuck Out			

### **Bingo Physical Activity**

- Once you have completed an activity tick It off.
- Try and complete a line first.
- Then try and complete a full house and get the Gold Medal!

## 60 Second Challenge Squat Jumps

### 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



Can you be honest when counting your score?

### 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



## 60 Second Challenge The Plank

### The Physical Challenge

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.

#StayHomeStayActive



Can you focus and show self belief even though it is hard?

### Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

#### Achieve Gold

60 seconds or more



#### Achieve Silver

45 seconds or more



#### Achieve Bronze

30 seconds or more



## 60 Second Challenge Star Jumps

### 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



Can you maintain your technique even when you are tired?

### 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



## 60 Second Challenge Tuck In Tuck Out

### The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Do you keep trying even when you want to give up?

### Equipment

A bench or a step  
If you do not have a bench or step complete the challenge in a raised position on the floor.

#### Achieve Gold

15 tuck in tuck outs



#### Achieve Silver

10 tuck in tuck outs



#### Achieve Bronze

5 tuck in tuck outs



Jump up and down in a space 40 times	Play musical statues	Ride a bike, scooter	Balance on a part of your body for 60 seconds	Jump or Move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttles (running, walking or moving)	Skip or Move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 40 squat jumps / sit forwards	Throw or roll a ball against a wall or with a sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 30 push ups	Perform dance movements	Perform a short fitness workout	Perform 30 sit ups or lean forwards	Perform a gymnastics routine	Invent and play a new game

### How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are honest.

#### Achieve Gold

Complete all the activities on the card



#### Achieve Silver

Complete a horizontal or vertical line of activities



#### Achieve Bronze

Complete one activity from each line



## Active Learning Times Table Squats

Number  
Multiplication  
and division

### How to Play:

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table; 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.



$$5 \times 4 = 20$$

### Key Vocabulary

#### Multiple

A number that can be divided by another number a certain number of times without a remainder.

#### Gold Star

Call out the times table in a random order



#### Silver Star

Call out the times table backwards



#### Bronze Star

Complete a times table of your choice in order



## Active Learning Moving to the Verb

Reading  
Do not be afraid to ask if you need help reading the words?

### How to Play:

- Choose your favourite story book. You can read this be yourself, with a sibling or a parent/carer.
- Every time you read a verb, perform the action together e.g. the dragon **flew** through the sky. How creative can you be with your movements?
- Challenge yourself to find the adverbs too and consider how you move e.g. the dragon **flew softly** through the sky.
- Can you make up some imaginative sentences and actions of your own?

fast



rolled



softly

skipped



### Key Vocabulary

#### Verb

A doing action or feeling word

#### Adverb

Describes actions other descriptive words

#### Gold Star

Create your own sentences and perform the actions



#### Silver Star

Recognise verbs and adverbs



#### Bronze Star

Recognise verbs

