60 Second Physical Challenge

How many times can you pick up a ball and put back down on one leg in 60 seconds?

Equipment: A ball

How to play: Stand on one leg. You must reach down trying to remain balanced and pick up the ball and put it back down and then come back up. Repeat this as many times as you can without losing balance.

Achieve Gold = 25 pick ups
Achieve Silver = 20 Pick ups
Achieve Bronze = 15 Pick ups
60 Second Physical Challenge
How many times can you drop and catch the ball in 60 seconds?

Equipment: A ball

How to play: Drop the ball on the floor and catch it straight away. The ball can only bounce once for it to count.

Achieve Gold = 40 catches
Achieve Silver = 35 catches
Achieve Bronze = 30 catches
60 Second Physical Challenge

How many times can you throw and catch a ball against a wall in 60 seconds?

**Equipment:** A ball

**How to play:** Throw a tennis ball 1-2m away from the ball and see how many times you can catch it. To make it harder try and catch with only one hand!

- Achieve Gold = 25 catches
- Achieve Silver = 20 catches
- Achieve Bronze = 15 catches
60 Second Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

Equipment: A racket and ball

How to play: If the ball touches the floor, time continues but your score freezes until you start tapping again!

Achieve Gold = 60 tap ups
Achieve Silver = 45 tap ups
Achieve Bronze = 30 tap ups
60 Second Physical Challenge

How many times can you bounce over a 3 cones in a row in 60 seconds?

Equipment: 3 cones

How to play: Both feet must land over the cones for the jump to count.

Achieve Gold = 80 bounces
Achieve Silver = 60 bounces
Achieve Bronze = 40 bounces
60 Second Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

**Equipment:** A ball 🏀

**How to play:** If you drop the ball you need to pick it up quickly and carry on.

- Achieve Gold = 35 times through your legs
- Achieve Silver = 25 times through your legs
- Achieve Bronze = 15 times through your legs
60 Second Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Equipment: Cones and a ball

How to play: Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

Achieve Gold = 24 dribbles around a cone and back
Achieve Silver = 18 dribbles around a cone and back
Achieve Bronze = 12 dribbles around a cone and back
60 Second Physical Challenge

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

**Equipment:** A ball 🏀

**How to play:** The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

- **Achieve Gold** = 35 clap and catches
- **Achieve Silver** = 25 clap and catches
- **Achieve Bronze** = 15 clap and catches
60 Second Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Equipment: A beanbag and a hoop

How to play: Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

Achieve Gold = 30 throws
Achieve Silver = 25 throws
Achieve Bronze = 20 throws
60 Second Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

Equipment: A ball

How to play: If you drop the ball you need to pick it up quickly and carry on.

Achieve Gold = Lose 0 lives
Achieve Silver = Lose 1 life
Achieve Bronze = Lose 2 lives