

# A-Z School Games Challenge

## M- Multi-Skills Challenge – 60 Seconds

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @swschoolgames

### 60 Second Challenge Skipping

**The Physical Challenge**

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



**#StayHomeStayActive**

**Equipment**

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

<b>Achieve Gold</b>	70 skips	
<b>Achieve Silver</b>	50 skips	
<b>Achieve Bronze</b>	30 skips	

### 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?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



**#StayHomeStayActive**

**Equipment**

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red herrings.

<b>Achieve Gold</b>	20 pairs of socks	
<b>Achieve Silver</b>	15 pairs of socks	
<b>Achieve Bronze</b>	10 pairs of socks	





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## 60 Second Challenge Around the World

Do you believe in yourself and keep trying if you drop the ball?

### The Physical Challenge

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

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



#StayHomeStayActive

### Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

#### Achieve Gold

50 Times around your waist.



#### Achieve Silver

40 Times around your waist.



#### Achieve Bronze

30 Times around your waist.



## 60 Second Challenge Speed Bounce

Are you honest?  
Only count the jumps that are completed properly.

### 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



For more Multi-skills ideas have a look here - <https://www.youthsporttrust.org/pe-home-learning>

FOLLOW, RETWEET, GET INVOLVED!