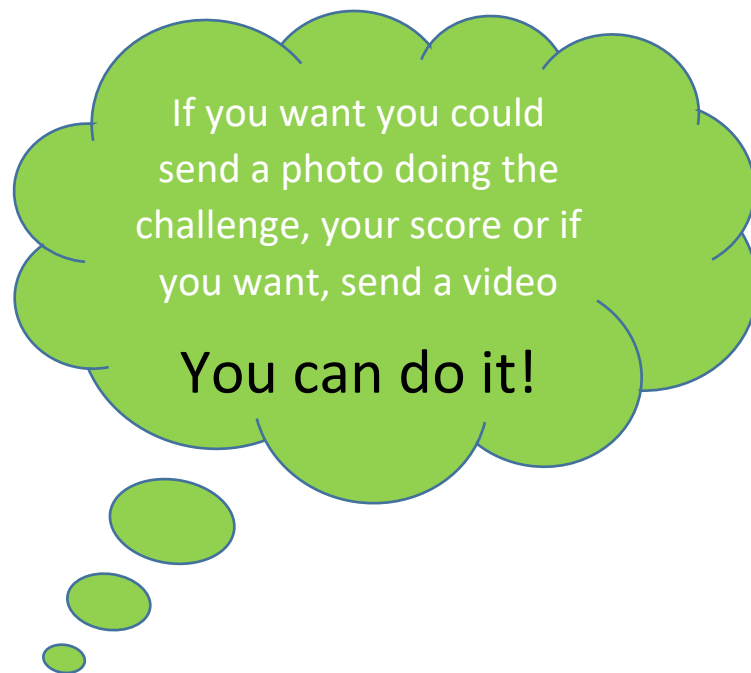


Hello families!

Once again and without intending to burden you further in this extraordinary situation, I am trying to make you have fun "working" with your children at Physical Education. Here you have a series of challenges to carry out these days at home or in the park taking advantage of the fact that we are able to go out now. It is a bank of resources that you can work according to your interests and possibilities, they are a series of "easy" activities that we can all do, even you as parents (although we do not seek competitiveness, it is a way to encourage them), but the difficulty of the exercises is at your discretion since each one of us has a different rhythm, but all are suitable for your children to carry out.

In each challenge its name, its development, the needs of material and some different variants are explained in order to facilitate or complicate it.



Para resolver las dudas que tengas, puedes contactar conmigo en el siguiente e-mail:  
[alberto.bermejo@sanviatorvalladolid.com](mailto:alberto.bermejo@sanviatorvalladolid.com)































# 60 Second Challenge

## Activity Tracking Sheet

Tick the boxes  
when you  
achieve Gold,  
Silver and  
Bronze?

Can you keep  
working hard  
to achieve  
Gold, Silver  
and Bronze?

Name: \_\_\_\_\_

# 60 Second Challenge

## Air Balloon

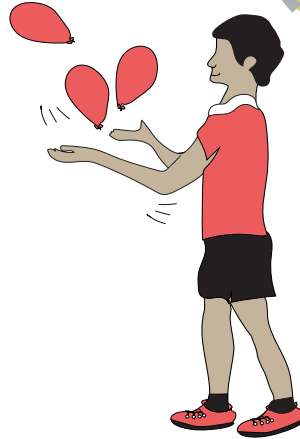
Can you keep trying even if you lose a life?

### The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



### Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

#### Achieve Gold

Lose 0 lives



#### Achieve Silver

Lose 1 life



#### Achieve Bronze

Lose 2 lives



# 60 Second Challenge

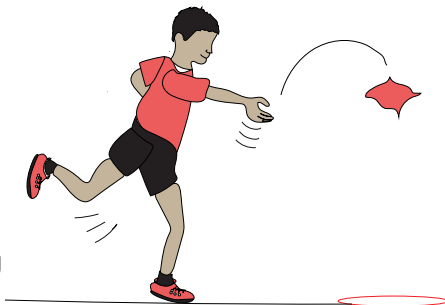
## Bean Bag Throw

Can you focus, concentrating on the target?

### 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.



### #StayHomeStayActive

### Equipment

A beanbag and a hoop

If you do not have a beanbag or 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

## Catch and Clap

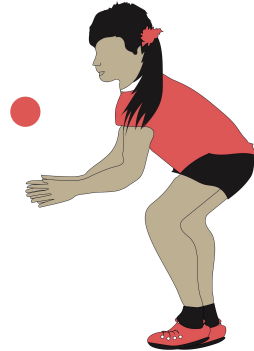
Which skills do you think will be key to succeed?

### 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.

**#StayHomeStayActive**



### Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

#### Achieve Gold

35 catch and claps



#### Achieve Silver

25 catch and claps



#### Achieve Bronze

15 catch and claps



# 60 Second Challenge

## Fast Feet

Can you keep going even if you lose control of the ball?

### The Physical Challenge

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

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.



### #StayHomeStayActive

### Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

#### Achieve Gold

24 dribbles around the marker and back



#### Achieve Silver

18 dribbles around the marker and back



#### Achieve Bronze

12 dribbles around the marker and back



# 60 Second Challenge

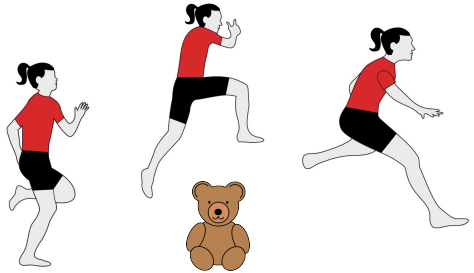
## Obstacle Course

How will you move to make sure your jump as many as you can?

### The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



**#StayHomeStayActive**

### Equipment

Lots of objects and a enough space on the floor!

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

#### Achieve Gold

45 points



#### Achieve Silver

30 points



#### Achieve Bronze

15 points



# 60 Second Challenge

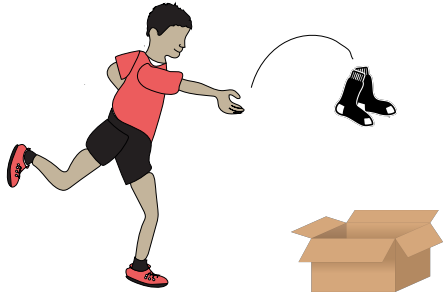
## Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

### 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 hearings.

#### Achieve Gold

20 pairs of socks



#### Achieve Silver

15 pairs of socks



#### Achieve Bronze

10 pairs of socks





# 60 Second Challenge

## Squat Jumps

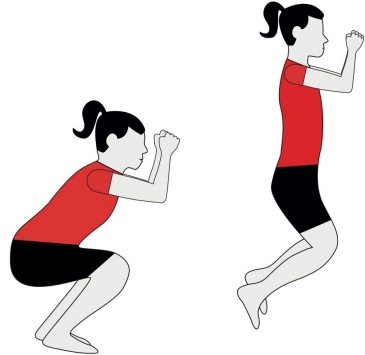
Can you be honest when counting your score?

### 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**



### 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

## Step Ups

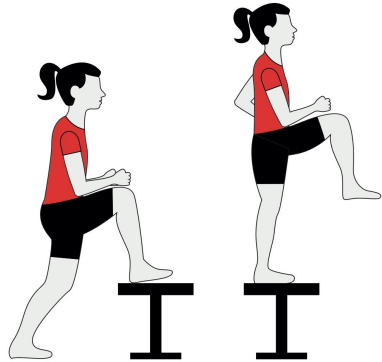
Can you focus, concentrating on the step?

### 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!

**#StayHomeStayActive**



### Equipment

A step

If you do not have a step  
us a foot pouffe or a  
stool.

#### Achieve Gold

70 Step Ups



#### Achieve Silver

45 Step Ups



#### Achieve Bronze

30 Step Ups



# 60 Second Challenge

## Tap Up Tennis

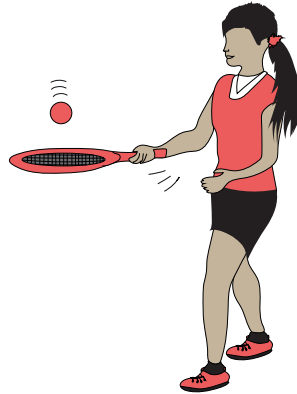
Do you ask for help if you find it hard?

### 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!

**#StayHomeStayActive**



### Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

#### Achieve Gold

60 Tap Ups



#### Achieve Silver

45 Tap Ups



#### Achieve Bronze

30 Tap Ups



# 60 Second Challenge

## Tuck In Tuck Out

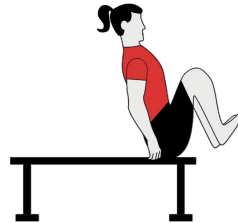
Do you keep trying even when you want to give up?

### 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**



### 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

