

# 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 [@CWSchoolSport](#)

### 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!

Achieve Gold	
70 skips	
Achieve Silver	
50 skips	
Achieve Bronze	
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.

Achieve Gold	
20 pairs of socks	
Achieve Silver	
15 pairs of socks	
Achieve Bronze	
10 pairs of socks	

Complete P.E.  
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**SCHOOL GAMES**


## 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






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

FOLLOW, RETWEET, GET INVOLVED!