

60 Active Minutes

60 Second Challenges

Dear All

As most of you know the aim of the 60 Active minutes is to create a moderate intensity physical activity within the day, some schools are fine with the activities that happen in the playground or in the sports hall = using large spaces. When it comes to classroom activities Teachers sometimes run out of classroom ideas (Small Spaces), when breaking up a lesson and creating a different energy in the classroom, while trying to keep their students active and engaged.

To help break up the lesson, and reduce the time spent sitting on a chair for long periods of not moving, I've rounded up several games that can be played in a classroom setting, which breaks up the students zoned out periods and gets them standing up, moving around and engaging with the class, even if it's for 5 to 10 minutes then returning back to their lesson.

Some of these activities, many include having to move desks and chairs, this could be part of their Active time when rearranging furniture before the games begin.

Below are a few sixty second' challenges that can be used in a variety of ways, including encouraging children to improve their 'personal best times, as well as being Active.

Air Balloon Challenge

This game can be varied = instead of working with a partner they can try and keep the balloon in the air by themselves or try keeping 2 or more balloons in the air at one time. If they find this task easy you can add another element to the Challenge, by getting them to put an object in a bucket every time they hit the balloon in the air.

**Air Balloon
60 Second Challenge**

Can you keep trying even if you lose a life?

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



Pupil's start with ten lives. If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

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

You can only use one hand during the 60 seconds! Keep one hand behind your back at all times!

**With a partner**
how long can you keep three balloons up in the air for?
As soon as a balloon touches the floor your time stops!

Achieve Gold
Lose 0 lives



Achieve Silver
Lose 1 life



Achieve Bronze
Lose 2 lives



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Around the World

How many times can you pass the ball around your waist in 60 seconds, any size ball will do!



Around the World 60 Second Challenge

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

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!



 Use a ball
If you do not have a ball, use a cuddly toy or a rolled up pair of socks!

 Move the ball around your waist in both directions for 30 seconds to make it harder.

 Compete against a family member!
If you drop your ball you must stop!

Achieve Gold
50 times around your waist. 


Achieve Silver
40 times around your waist. 

Achieve Bronze
30 times around your waist. 

Bean Bag throw


How many times can you throw a beanbag into a hoop in 60 seconds. If a child is doing the challenge at home and they don't have bean bags or hoops, they can use socks and a bucket.

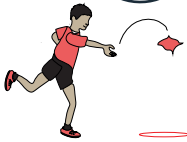



Bean Bag Throw 60 Second Challenge


Can you focus, concentrating on the target?


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


 You need to collect the beanbag and return to the throwing line before throwing again.





 A beanbag and a hoop
If you don't have a beanbag/hoop, use a pair of socks and a washing basket instead!



 Each time you successfully land five beanbags inside the hoop in a row, add an extra five seconds onto your time!

 Play with a partner!
Take turns to throw and collect the beanbag. How many points can you score as a team?

Achieve Gold
25 throws 

Achieve Silver
20 throws 

Achieve Bronze
15 throws 

Catch and Clap

How many times can you throw a ball up clap once and catch it in 60 seconds. You can increase the challenge by getting the student to clap twice before they catch the ball.

**Catch and Clap
60 Second Challenge**

Can you focus on the ball to maximise your concentration?

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.





Throw and catch a ball
If you do not have a ball, use a toilet roll or a rolled up pair of socks.



Don't drop it!
Each time you drop the ball take five seconds off your time!



Play with a partner!
Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold
35 catch and claps



Achieve Silver
25 catch and claps



Achieve Bronze
15 catch and claps





Figure of 8

How many times can you pass a ball through both of your legs in 60 seconds. Any size ball will do.

**Figure of 8
60 Second Challenge**

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

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



If you drop the ball, pick it up quickly and carry on counting your score from where you left off.





Use a ball
If you do not have a ball, use a toilet roll or a cuddly toy.



Don't drop it!
Each time you drop the ball take five seconds off your time!



Stop the clock, it's a race!
Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold
40 times through your legs



Achieve Silver
30 times through your legs



Achieve Bronze
20 times through your legs





Socks in the box

How many socks can you pair up and put in the box in 60 seconds



Socks in the Box 60 Second Challenge

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

How many socks can you pair up and put in the box in 60 seconds?

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



You need lots of socks and a box!
If you do not have a box use a bowl.

Make it easier by increasing the time and reducing the distance.

Compete against someone else to see who pairs the most socks in 60 seconds. Put some odd socks in to make it harder!

Achieve Gold
20 pairs of socks

Achieve Silver
15 pairs of socks

Achieve Bronze
10 pairs of socks



Step in Step out

How many times can you step in and step out of a circle in 60 seconds



Step In, Step Out 60 Second Challenge

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

How many times can you step in and step out of a circle in 60 seconds?

You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



Mark out a circle
Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?

Race against someone!
Mark out two circles, who can step in and out of their circle the most amount of times?

Achieve Gold
55 step in, step outs

Achieve Silver
45 step in, step outs

Achieve Bronze
35 step in, step outs



The Plank

Can you hold the plank position for 60 seconds.



The Plank 60 Second 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.



Can you keep trying even if you feel that you want to stop and give up?

No equipment is required. Just make sure you use a clear, open and safe space.

If you're finding it tough stop after 30 seconds and have 5 second rest.

Achieve Platinum! To achieve platinum can you perform the plank for 90 seconds?

Achieve Gold
60 seconds or more

Achieve Silver
45 seconds or more

Achieve Bronze
30 seconds or more





































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: _____

Believing in every child's future

Teachers can use the Activity tracking sheet as a tick box exercise, by getting the child to report back on what challenge they did in schools or at home and what was their best time or improved time's. You don't have to use this tracking sheets, you can make up your own tracking sheet for each student.

- Teachers can transfer these challenges as a home exercise, encouraging a Childs 30 active minuets at home.
- This can build on their 30 Active minutes home targets
- These exercises are designed for the student to have fun and hopefully engage with their families at home and for them to try out the exercises as well.

The Active School Planner below gives you guidance on how to create an active school. For more information on becoming more active within your school and promoting the work your school is doing, please go to Your School Game website (www.yourschoolgames.com).


ACTIVE SCHOOL PLANNER

10 quick wins for an Active School

How do we begin to create an Active School approach? Below we have provided 10 top tips for creating an active culture and getting children moving:

- 1 Give children breaks**
Children learn better for 30-60 minutes following an active break in lessons.
- 2 Get their heart rates up**
Cardio fitness is essential for improved learning so when children stand, move them more.
- 3 Encourage basic movement skills**
Movements such as agility, balance and co-ordination (ABCs) are the building blocks of cognitive and social development.
- 4 Encourage free play during break time**
Children have a natural instinct for play that keeps them active for longer.
- 5 Make sure everyone is included**
Notice which children are not moving and support them to take part.
- 6 Mix it up**
Give children choice and variety, otherwise they will get bored easily.
- 7 Celebrate great delivery**
For children to stay engaged they need adults to be fun, engaging and inspiring.
- 8 Take a whole school approach**
Allow for physical activity to be a natural part of the school day.
- 9 Challenge misconceptions**
There is no evidence that increasing physical activity at school reduces achievement.
- 10 Lead by example**
Take every opportunity to move with your children.

www.activeschoolplanner.org

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