



# Tuck In, Tuck Out 60 Second Challenge



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

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?



You must bring your legs up to your chest and then fully extend them out again!

## Use a bench or a stool

Make sure that the object you are using is fixed to the floor.

If you do not have a bench or step complete the challenge in a raised position on the floor.

## Synchronised tuck in tuck outs!

With a partner, can you perform this challenge in time with each other?

## Achieve Gold

40 tuck in,  
tuck outs



## Achieve Silver

30 tuck in,  
tuck outs



## Achieve Bronze

15 tuck in,  
tuck outs



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SPORT  
TRUST**