### 60 Second Challenge

**Activity Tracking Sheet**

**Name:**

<table>
<thead>
<tr>
<th></th>
<th>60 Second Challenge</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>A step</td>
<td></td>
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<tr>
<td></td>
<td>If you do not have a step, how many times can you jump back and forth over a safe object?</td>
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</tbody>
</table>

**Equipment**

- Achieve Gold: 70 Step Ups
- Achieve Silver: 45 Step Ups

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**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!

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

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

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**Complete P.E.**

- Inspire Learn Succeed
- YOUTH SPORT TRUST
- Believing in every child’s future

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