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 @ThinkActiveCSW

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
For more Multi-skills ideas have a look here - [https://www.youthsporttrust.org/pe-home-learning](https://www.youthsporttrust.org/pe-home-learning)

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