 60 Second PE Challenges

YST 60 SECOND PHYSICAL ACTIVITY CHALLENGES

A fun ‘compete against yourself’ approach to physical activity with a focus on resilience and perseverance and the aim to achieve bronze, silver or gold medal aims. We have a range of activity cards and videos.

**Activity cards**

We have a range of activities for you to try, created in partnership with Complete PE, and you can download any of them from the list below. Find a daily activity by following us on Twitter [@YouthSportTrust](https://twitter.com/YouthSportTrust).

* [Air Balloon Challenge](https://www.youthsporttrust.org/sites/default/files/Air%20Balloon%20Challenge.pdf)
* [Around the World Challenge](https://www.youthsporttrust.org/sites/default/files/Around%20the%20World%20Challenge.pdf)
* [Bean Bag Throw Challenge](https://www.youthsporttrust.org/sites/default/files/Bean%20Bag%20Throw%20Challenge.pdf)
* [Climb the Mountain Challenge](https://www.youthsporttrust.org/sites/default/files/Climb%20the%20Mountain%20Challenge.pdf)
* [Skipping Challenge](https://www.youthsporttrust.org/sites/default/files/Skipping%20Challenge.pdf)
* [Speed Bounce Challenge](https://www.youthsporttrust.org/sites/default/files/Speed%20Bounce%20Challenge.pdf)
* [Squat Jump Challenge](https://www.youthsporttrust.org/sites/default/files/Squat%20Jump%20Challenge.pdf)
* [Step Ups Challenge](https://www.youthsporttrust.org/sites/default/files/Step%20Ups%20Challenge.pdf)
* [Super Slalom Run Challenge](https://www.youthsporttrust.org/sites/default/files/Super%20Slalom%20Run%20Challenge.pdf)
* [Tap Up Tennis Challenge](https://www.youthsporttrust.org/sites/default/files/Tap%20Up%20Tennis%20Challenge.pdf)

**Personal Challenge videos**

It is the mission of the School Games to provide ‘more young people with the opportunity to compete and achieve their Personal Best’. This includes competing against oneself and others to improve personal performances with a focus on the process rather than the outcome (on the learning and values development of the young person rather than just the result). For some inspiration, watch some personal challenges created by young people, have a go yourself, or create your own.

[Click here for YouTube playlist](https://www.youtube.com/playlist?list=PLX9GnyQdxaf5SqSnTYy_pc51k7lIPi4je)