



St Thomas of Aquin's
R.C. HIGH SCHOOL

Virtual Sports Challenges

Welcome to the PE Dept's Challenges which will be sent out each week for the next 4 weeks

Have fun, enjoy and record your success using the tracking sheet

60 Second Challenge

Speed Bounce



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Are you
honest?

Only count the
jumps that are
completed
properly.

The Physical Challenge

How many times can you
bounce over a pillow in 60
seconds?

Both feet must land over the
pillow for the jump to count.



#StayHomeStayActive

Equipment

A pillow

If you do not have a
pillow, jump over a safe
object!

Achieve Gold

80 Bounces



Achieve Silver

60 Bounces



Achieve Bronze

40 Bounces



Day 1
Challenge 1

- [For more info on how to Speed Bounce click on this link](#)

PE Dept June 2020

60 Second Challenge

Skipping



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

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



Day 1
Challenge 2

[For top tips and on how to skip better click on this link](#)

PE Dept June 2020

60 Second Challenge

Around the World



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

The Physical Challenge

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.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.



Day 1
Challenge 3

<https://www.youtube.com/watch?v=IC9WsV0vkTo>

Also known as the 'Waist Wrap' check out the link for some top tips

PE Dept June 2020



60 Second Challenge Activity Tracking Sheet



Name: _____

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Sports Day Activity Tracker Sheet

Write the name of the Activity into the blue rectangle on the left hand column and once you have completed the activity tick the correct medal.

You can print this form out or copy this to make your own tracking sheet