



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

# Virtual Sports Challenges Week 4

Welcome to the final of the 4 week Challenges from the PE Dept.

Have fun, enjoy and record your success using the tracking sheet. You can also use these challenges to stay fit during the summer Holidays.

# Virtual Sports Challenges

- If you wish to add some of your own activities or challenges, please do so. The score sheet is for recording but it is not compulsory to use this. See if you can encourage other members of your family to join in. You are welcome to send in video's and photos of you completing the challenges.
- **FOR YOUR SAFETY:** Please make sure that you are taking care performing any of the activities and wearing clothing that is suitable for PE.



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# 60 Second Challenge

## Burpees



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

### The Physical Challenge

How many burpees can  
you complete in 60  
seconds?

Make sure you extend your legs  
back once you have lowered  
yourself to the ground.

**#StayHomeStayActive**



### Equipment

Just yourself and  
enough space on  
the floor!

If you find it tough do  
not perform the leg  
extensions.

**Achieve Gold**

30 burpees



**Achieve Silver**

20 burpees



**Achieve Bronze**

10 burpees



Week 4  
Challenge 1

[Click here to watch a  
Military Burpee](#)

PE Dept June 2020

# 60 Second Challenge

## Figure of 8



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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 a ball through both of your legs 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 toilet roll or a cuddly toy.

#### Achieve Gold

35 times through your legs



#### Achieve Silver

25 times through your legs



#### Achieve Bronze

15 times through your legs



Week 4  
Challenge 2

[Click here for some top tips on this skill](#)

PE Dept June 2020

# 60 Second Challenge

## Bunny Jumps



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Can you keep going even when you are tired?

### The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



**#StayHomeStayActive**

### Equipment

A bench or a stool\*

\*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.

**Achieve Gold**

80 Bunny Jumps



**Achieve Silver**

60 Bunny Jumps



**Achieve Bronze**

40 Bunny Jumps



Week 4  
Challenge 3

[You can gradually build this skill up into a cartwheel. Click here to find out how](#)

PE Dept June 2020



# 60 Second Challenge Activity Tracking Sheet



Name: \_\_\_\_\_




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## Sports Challenge 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