

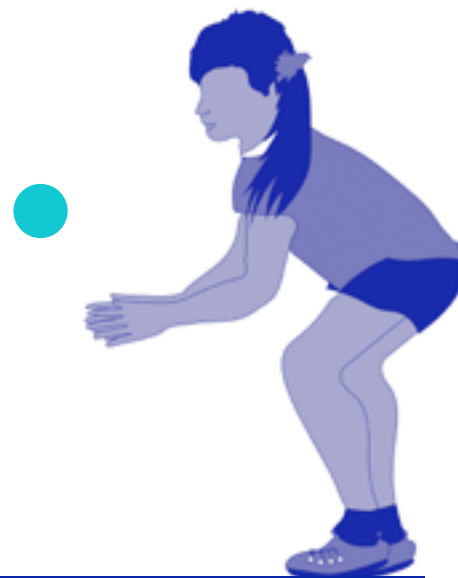
Mo's Mission



Catch and Clap

How many times can you throw a ball up, clap once and catch it in 60 seconds?

If you drop the ball, carry on counting your score from where you left off.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Add in two claps if you find it easy.
- E** A ball or a beanbag.
- P** Throw, catch and clap with a partner.

Achieve

-  **Gold**
35 catch and claps
-  **Silver**
25 catch and claps
-  **Bronze**
15 catch and claps

Click or scan here to watch Mo complete the challenge and see if you can beat his score!



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Mo's Mission



Skipping

How many times can you skip in 60 seconds?




Both feet must land over the rope for the skip to count.



Space, Task, Equipment, People

- S** Make sure no other pupils are in front of you or behind you when skipping.
- T** Try skipping backwards on the spot.
- E** A skipping rope.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
70 skips
-  **Silver**
50 skips
-  **Bronze**
30 skips

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Mo's Mission



Star jumps

How many star jumps can you complete in 60 seconds?




Make sure you clap your hands above your head and bring your feet together.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Touch the floor after each star jump to make it harder.
- E** No equipment is required.
- P** Challenge someone else and see who can do the most star jumps.

Achieve

-  **Gold**
60 star jumps
-  **Silver**
45 star jumps
-  **Bronze**
30 star jumps

Click or scan here to watch Mo complete the challenge and see if you can beat his score!



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Mo's Mission



Super slalom run

How many slalom runs can you complete in 60 seconds?

You must run in and out of the objects and back to the start to complete one slalom run.

Make sure you avoid the cones or poles.



Space, Task, Equipment, People

- S** Layout three cones an equal distance apart.
- T** Place the markers closer together or further apart.
- E** Use three objects e.g. cones or poles.
- P** Race against a partner.

Achieve

-  **Gold**
15 slalom runs
-  **Silver**
10 slalom runs
-  **Bronze**
5 slalom runs



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Mo's Mission



Zig-Zag Relay

How many zig-zag circuits can you complete in 60 seconds?

Choose a place to start and layout five cones in a zig-zag shape.

On the command, 'go' run and touch the five cones and run back to the start.




Each time you return to the start you score a point.



Space, Task, Equipment, People

- S** Layout cones in a zig-zag formation in an open space.
- T** Place the cones closer together or further apart.
- E** 5 cones or markers.
- P** Race against a partner.

Achieve

-  **Gold**
15 points
-  **Silver**
10 points
-  **Bronze**
5 points

Click or scan here to watch Mo complete the challenge and see if you can beat his score!



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Mo's Mission



Air Balloon Challenge

Can you keep the balloon up in the air for 60 seconds?

Start with three lives.

If the balloon touches the floor, they lose a life.




The more lives you lose the lower your score will be.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Use one hand if you find it easy.
- E** At least one balloon.
- P** Can you keep the ball up in the air with a partner?

Achieve

-  **Gold**
Lose 0 lives.
-  **Silver**
Lose 1 life.
-  **Bronze**
Lose 2 lives.



Mo's Mission



Squat and Clap

How many squats can you do in 60 seconds.

Find a partner to complete the challenge with.

Face each other and on the command 'go' both squat down at the same time and then clap hands together as you stand back up.


See how many squats you can do in 60 seconds.



Space, Task, Equipment, People

- S** Make sure you don't bump into anyone when you squat
- T** Can you clap your hands twice in between to make it harder?
- E** No extra equipment is needed.
- P** Can you add more people into a circle and clap hands either side?

Achieve

-  **Gold**
35 squats
-  **Silver**
25 squats
-  **Bronze**
15 squats

Click or scan here to watch Mo complete the challenge and see if you can beat his score!



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Mo's Mission



Around the World

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.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Move the ball around your waist in both directions.
- E** A large ball.
- P** Compete against a partner.

Achieve

-  **Gold**
50 times around your waist
-  **Silver**
40 times around your waist
-  **Bronze**
30 times around your waist



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Mo's Mission



Bean Bag Throw

How many times can you throw a beanbag into a hoop in 60 seconds?

You need to collect the beanbag and return to the throwing line before throwing the beanbag again.



Space, Task, Equipment, People

- S** Stand 3 large steps away from the hoop when throwing.
- T** Throw from further away or closer to the hoop.
- E** A beanbag and a hoop.
- P** Challenge someone else and see who can score the most points.

Achieve

-  **Gold**
30 successful throws
-  **Silver**
20 successful throws
-  **Bronze**
10 successful throws



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Mo's Mission



Beanbags in the Hoop

How many beanbags can you pair up and put in the hoop in 60 seconds?

Pupils run and pick up two of the same colour beanbags and place them in the hoop.



Space, Task, Equipment, People

- S** Place 40 beanbags, 5 steps away from the hoop.
- T** Try finding 3 beanbags of the same colour.
- E** 40 beanbags* and a hoop.
- P** Compete against a partner to see who can pair up the most beanbags.

Achieve

-  **Gold**
20 matching beanbags
-  **Silver**
15 matching beanbags
-  **Bronze**
10 matching beanbags

*Use cones instead of beanbags.



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Mo's Mission



Bunny Jumps

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

Make sure you place two hands on the bench and jump side to side making sure, both feet go over the bench.



Space, Task, Equipment, People

- S** Make sure there is no one else on or near the bench.
- T** Bunny hop forwards and backwards on the bench.
- E** A bench.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
45 bunny jumps
-  **Silver**
35 bunny jumps
-  **Bronze**
25 bunny jumps



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Mo's Mission



Burpees

How many burpees can you complete in 60 seconds?

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



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Start from the tuck position if it is too hard.
- E** No equipment is required.
- P** Challenge someone else and see who can do the most burpees.

Achieve

-  **Gold**
25 burpees
-  **Silver**
20 burpees
-  **Bronze**
15 burpees



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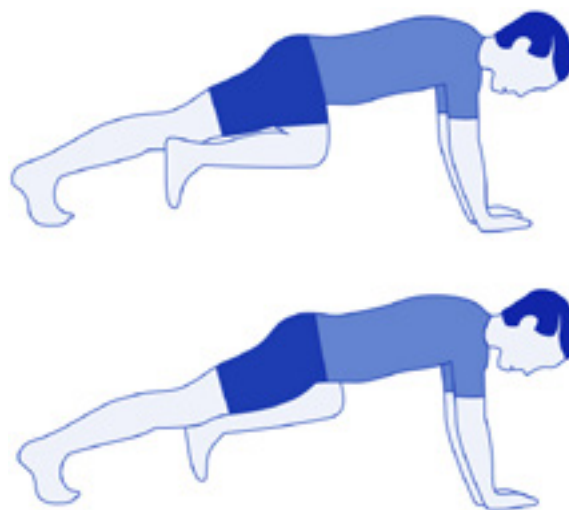
Mo's Mission



Climb the Mountain

How many mountain climbers can you complete in 60 seconds?

Make sure you bring your knees up as you move, do not just flick your legs up and down.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Perform a press up after you bring both legs up.
- E** No equipment is required.
- P** Encourage a partner when they are performing their mountain climbers.

Achieve

-  **Gold**
40 mountain climbers
-  **Silver**
30 mountain climbers
-  **Bronze**
20 mountain climbers



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Mo's Mission



Fast Feet

How many times can you dribble a ball around a marker and back in 60 seconds?

Each time you dribble the ball around the marker and back you score a point.



Space, Task, Equipment, People

- S** Place down two cones five steps apart
- T** Dribble using only your weaker foot.
- E** A football.
- P** Play with a partner and compete against another pair.

Achieve



Gold

24 dribbles around the cone and back



Silver

18 dribbles around the cone and back



Bronze

12 dribbles around the cone and back



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Mo's Mission



Figure of 8

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.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Move the ball in both directions through the figure of 8.
- E** A ball.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
35 times through your legs
-  **Silver**
25 times through your legs
-  **Bronze**
15 times through your legs



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Mo's Mission



Find the Cones

Can you find all 10 objects within 60 seconds?

Ask a friend to hide ten of the same objects; cones, beanbags or bibs in different spaces.

Each time you find an object you must take it back to the start before searching for another object.



Space, Task, Equipment, People

- S** Play inside (hall) or outside (playground).
- T** Increase the amount of time.
- E** Use 10 of the same objects. For example, beanbags
- P** Challenge a partner to see who can find the most objects in 60 seconds.

Achieve

-  **Gold**
Find all 10 objects
-  **Silver**
Find 7 objects
-  **Bronze**
Find 4 objects



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Mo's Mission



Hopscotch in a Hurry

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?

Mark out a hopscotch grid on the floor.

Each time you complete a hopscotch grid, run back to the start and you will score a point.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Increase the amount of time.
- E** Use chalk to mark out a hopscotch grid.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
16 completed hopscotch circuits
-  **Silver**
12 completed hopscotch circuits
-  **Bronze**
8 completed hopscotch circuits



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Mo's Mission



Speed Bounce

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




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



Space, Task, Equipment, People

- S** Make sure you are in a clear space with no one near you.
- T** Hop using one leg.
- E** A speed bounce mat or cones.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
75 bounces
-  **Silver**
60 bounces
-  **Bronze**
45 bounces



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Mo's Mission



Squat Jumps

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Perform a twist or a turn as you jump to make it harder.
- E** No equipment is required.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
30 squat jumps
-  **Silver**
20 squat jumps
-  **Bronze**
10 squat jumps



Mo's Mission



Step In, Step Out

How many times can you step in and step out of a circle in 60 seconds?

Mark out a circle on the floor.

You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again.

No jumping!



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Jump in and out of the hoop/circle.
- E** A chalk circle or a hoop.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
60 step in, step outs
-  **Silver**
50 step in, step outs
-  **Bronze**
40 step in, step outs



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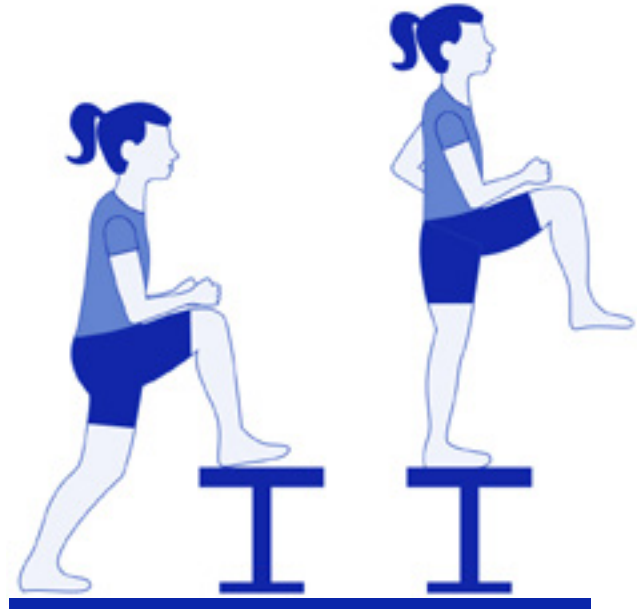


Step Ups

How many times can you step up and down a step or a bench in 60 seconds?

You must step up and down with one foot at a time.




No jumping!



Space, Task, Equipment, People

- S** Make sure there is no one else on or near the bench.
- T** Step up one side and walk down the other side.
- E** A bench or a step.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
60 step ups
-  **Silver**
45 step ups
-  **Bronze**
30 step ups



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Mo's Mission



Tap Up Tennis

How many times can you tap up a tennis ball on a racket in 60 seconds?




If the ball touches the floor, time continues but your score freezes until you start tapping up the ball again.



Space, Task, Equipment, People

- S** Make sure you are in a safe space and no one is close to you.
- T** Flip the racket over after each tap to make it harder.
- E** A tennis racket and a ball.
- P** Tap the ball up with a partner.

Achieve

-  **Gold**
60 tap ups
-  **Silver**
45 tap ups
-  **Bronze**
30 tap ups



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Complete P.E.

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Mo's Mission



The Plank

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down, back straight and keep your forearms on the floor.



Space, Task, Equipment, People

- S** Use a clear, open and safe space.
- T** Extend or reduce the time.
- E** No equipment is required.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
60 seconds or more
-  **Silver**
45 seconds or more
-  **Bronze**
30 seconds or more



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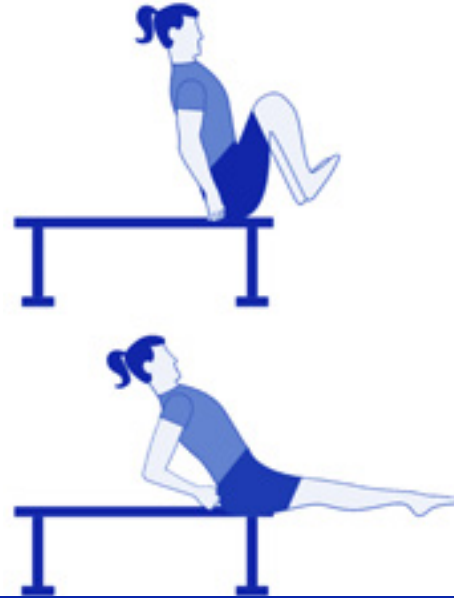


Tuck In, Tuck Out

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

Each time you complete this action you score a point.



Space, Task, Equipment, People

- S** Make sure there is no one else on or near the bench.
- T** Extend one leg at a time.
- E** A bench or a step.
- P** Challenge yourself or encourage a partner.

Achieve

-  **Gold**
15 tuck in, tuck outs
-  **Silver**
10 tuck in, tuck outs
-  **Bronze**
5 tuck in, tuck outs



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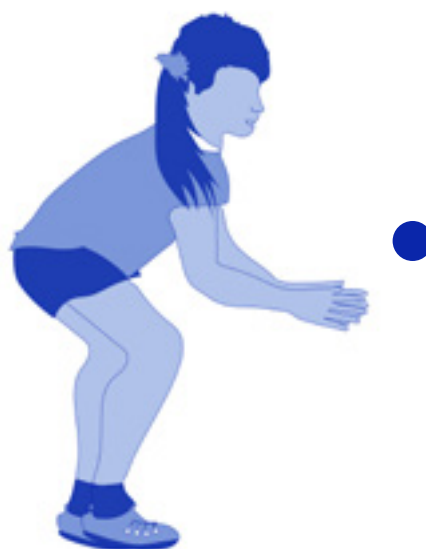


Wall Ball

How many times can you throw a ball against a wall and catch it in 60 seconds?

You must stand at least two steps away from the wall when throwing the ball.

If you drop the ball, carry on counting your score from where you left off when you dropped the ball.



Space, Task, Equipment, People

- S** Makes sure you use a wall without any windows.
- T** Increase or reduce the size of the ball.
- E** A (tennis) ball and a wall.
- P** How many throw and catches can you do with a partner?

Achieve

-  **Gold**
35 throw and catches
-  **Silver**
25 throw and catches
-  **Bronze**
15 throw and catches.

