



1. Fast Feet: Trafford SSP 60 second Challenges, page 7 or Intra School Challenges (1), page 2
How many times can you dribble a ball around a marker 5m away and back in 60 seconds?
OR How many cones can you touch in 30 seconds (Rec & Ks1) or 60 seconds (Ks2)
2. Long Jump: Intra School Challenges (2), page 5
How far can you Jump? Can you jump your own height? Can you jump your friends height?
How far can you jump in 3 consecutive jumps?
3. Static Balance 1 Leg: Intra School Challenges (1), page 3.
How many points can you get whilst balancing on one leg. Try this challenge balancing on both your right and left leg)
4. Speed Bounce: Intra School Challenges (2), page 2
How many speed bounces can you do in 10 seconds (Ks1), 15 seconds (lower Ks2) or 20 seconds (upper Ks2)?
5. Skipping: Trafford 60 second Challenges, page 12
How many skips can you complete in 60 seconds?
6. Rebound / Wall Catch: Intra School Skill Challenges (2), page 6
How many times can you throw a ball against a wall and catch it from 2m in 60 seconds?
Rec & Ks1 – the ball can bounce more than one before being caught
Lower Ks2 – the ball can bounce once before being caught
Upper Ks2 – the ball should be caught before bouncing
7. Ball Skills Around the World: Trafford 60 second Challenges, page 3
How many times can you pass a ball around your waist in 60 seconds?

8. Star Jumps: Trafford 60 second Challenges, page 19
How many Star jumps can you complete in 30 seconds (Rec & Ks1) or 60 seconds (Ks2)?
9. Shuttle Run: Intra School Challenges (2), page 7
How quickly can you complete 6 x 10m shuttle runs?
10. Hopping: Intra School Challenges (1), page 15
How long can you hop on one leg? Try this challenge hopping on both your left and right leg.
11. Target Throw: Intra School Challenges (2), page 8
How many points can you score from 8 throws from any of the different throw lines?
12. Throw-Catch and Catch-Clap: Intra School Challenges (2), page 4
How many times can you throw a ball up and catch it in 60 seconds?
Rec – use a bean bag
Ks1 – Use a ball, bounce it off the floor and catch it
Lower Ks2 – Throw the ball up, let it bounce once and catch it
Upper Ks2 – Throw the ball up and catch it before it bounces
13. 5 Strides / Triple Jump: Intra School Challenges (2), page 10
How far can you jump?
Rec & Ks1 in 5 strides from a standing start or Ks2 from a standing triple jump
(Hop-Step-Jump)
14. Seated Static Balance: Intra School Challenges (2), page 13 or
Seated Balance Bounce: Intra School Challenges (1), page 8
How fast can you move 10 items from one side of your body to the other whilst seated (Rec & Ks1 with feet on the floor) or (Ks2 with feet off the floor) OR
How many times can you lift your feet over an object whilst seated in 30 seconds (Rec & Ks1) or 60 seconds (Ks2)
15. Bunny Jumps: Trafford 60 second challenges, page 16
How many Bunny Jumps can you do in 30 seconds (Rec and Ks1) from resting on the floor or in 60 seconds (Ks2) using a bench.
16. Pick Up & Throw: Intra School Challenges (1), page 5.
How many times can you hit your target from 6 throws?
For Rec & Ks1 use either a ball or bean bag and a closer target.
For Ks2 use a ball and smaller target with longer distance for upper Ks2.
17. Keep the Ball Up: Intra School Challenges (1), page 9
How many times can you hit a ball / object above your head before it bounces?
Rec & Ks1 – use a balloon
Lower Ks2 – use a softer / lighter ball
Upper Ks2 – use a volleyball
18. Mountain Climbers or Squat Jumps: Trafford 60 second Challenges, page 16 or 18

How many Mountain Climbers or Squat Jumps can you do in 30 seconds (Rec & Ks1) or 60 seconds (Ks2)

19. Reaction / Response: Intra School Challenges (1), page 7
How many number targets can you touch in 30 seconds using 4 points (Rec & Ks1) or in 40 seconds using 6 points (ks2)?
20. Socks in the Box: Trafford 60 second challenges, page 9
How many scattered objects can you put in the box in 45 seconds (Rec & KS1) or 60 seconds (Ks2)?
21. Chest Push: Intra School Challenges (2), page 11
How far can you push a ball from your chest?
Rec & Ks1 – use a softer / lighter ball
Ks2 – use a heavier ball e.g. Basketball / Netball
22. Plank Sequence: Intra School Challenges (1), page 14
How many sequences can you complete in 30 seconds?
Differentiate as per the activity card.
23. Ball Skills Figure of 8: Trafford 60 second challenges, page 8
How many times can you pass a ball through and between your legs in 60 seconds?
Rec & Ks1 – Allow pupils to roll the ball on the floor around and through the legs
Ks2 – keep the ball off the floor
24. Burpees: Trafford 60 second challenges, page 15
How many Burpees can you do in 60 seconds?
Rec & Ks1 – start from a crouched position if pupils can't extend the legs
Ks2 – to perform correct technique where possible.
25. Penalty Shoot Out: Intra School Challenges (2), page 6
How many points can you get from 5 or 10 penalties?
26. Zig Zag Challenge: Intra School Challenges (1), page 13
How fast can you complete the Zig Zag activity challenge?
27. Fast Feet 2: Intra School Challenge (2), page 18
How fast can you complete 3 Fast Feet sideways runs?
28. Shuttle Run with Object: Intra School Challenges (1), page 11
How quickly can you complete 6 x 5m shuttles bouncing, balancing or dribbling a ball?
29. Balance Test: Intra School Challenges (2), page 3
How long can you balance on your Left leg and how long can you balance on your Right leg?
Can you think of other balances to try out?
30. Sequence Challenge: Intra School Challenges (1), page 10
How many sequences can you complete in 45 seconds (Rec & Ks1) or 60 seconds (Ks2)?

31. Wall Sit: Intra school Challenges (1), page 16

How long can you hold a 90-degree squat against a wall for?

If this proves too challenging repeat the Squat Jumps or Star Jumps challenge.