



The Manor
Preparatory School



Circle the medals when you achieve Gold, Silver and Bronze?

Can you keep working hard to achieve Gold, Silver and Bronze?

60 Second Challenge ACTIVITY TRACKING SHEET

Air Balloon			
Around the World			
Bean Bag Throw			
Bunny Jumps			
Burpees			
Catch and Clap			
Climb the Mountain			
Fast Feet			
Figure of 8			
Obstacle Course			
Skipping			
Socks in a Box			
Speed Bounce			
Squat Jumps			
Star Jumps			
Step Ups			
Super Slalom			
Tap Up Tennis			
The Plank			
Tuck In Tuck Out			