

## 60 second PE challenges.

### Skipping Challenge

<https://www.youthsporttrust.org/sites/default/files/Skipping%20Challenge.pdf>

**Complete 3 challenges.**

### Speed bounce

<https://www.youthsporttrust.org/sites/default/files/Speed%20Bounce%20Challenge.pdf>

### Figure of 8

<https://www.youthsporttrust.org/sites/default/files/Figure%20of%208%20Challenge.pdf>

### Catch and Clap

<https://www.youthsporttrust.org/sites/default/files/Catch%20and%20Clap.pdf>

### Obstacle course

<https://www.youthsporttrust.org/sites/default/files/Obstacle%20Challenge.pdf>



Did you get a gold medal for each challenge?

