

# 60 Second Challenge

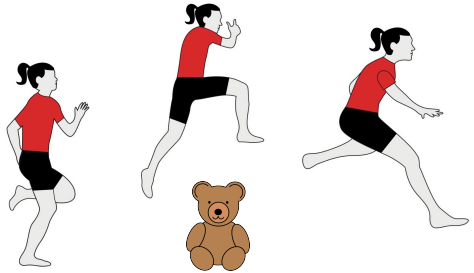
## Obstacle Course

How will you move to make sure your jump as many as you can?

### The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



### #StayHomeStayActive

### Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

#### Achieve Gold

45 points



#### Achieve Silver

30 points



#### Achieve Bronze

15 points

