





Isobel Mair School

Active Week 1 Minute Challenge



Challenge	Description	Results
Running on the spot for 1 minute 1 minute rest	Count how many times you can run on the spot? 	
Star Jumps for 1 minute 1 minute rest	How many star jumps in one minute? 	
Chair run for 1 minute 1 minute rest	How many times can you run round the chairs? 	
Stretch up tall and touch the ground for 1 minute. 1 minute rest	How many times can you stretch up tall and touch the ground? 	
Spin round, clap hands, stomp your feet. 1 minute rest	How many time can you spin round and clap hands? 