



YOU CHOOSE

CHALLENGE

**YOUR
ACTIVITY**

**YOUR
LEVEL**

**1 MIN TO
COMPLETE**

Activities can be anything you can repeat with ease that uses none or one piece of equipment. For example, star jumps, shuttle runs, push ups, catching a ball, skipping, jumping, be as imaginative as you want. You have 1 minutes each time you have a go and you and can have as many attempts as you like.

These tasks can be done during PE, in an after school club or at home. Pupils choose which level they start at and how many of their activity they think they can complete in the 1 minute. If they complete one level, they can move up to the next until they reach their peak.

They will be awarded the highest level certificate, and a special one for any activity that hasn't been done by anyone else in your school.

If you do a task at home, you will need to video it just in case we or your school ask for evidence.

www.yourschoolgames.com

**TOGETHER
ACTIVE**

Staffordshire & Stoke-on-Trent

YOU CHOOSE

YOUR STARTING LEVEL



1 MIN TO COMPLETE

LEVEL
5

60 COMPLETED IN 1
MINUTE

LEVEL
4

50 COMPLETED IN 1
MINUTE

LEVEL
3

40 COMPLETED IN 1
MINUTE

LEVEL
2

30 COMPLETED IN 1
MINUTE

LEVEL
1

15 COMPLETED IN 1
MINUTE



SCHOOL
GAMES

TOGETHER
ACTIVE

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