



To celebrate the birth of the National Health Service on 5 July 1948, 73 years ago.

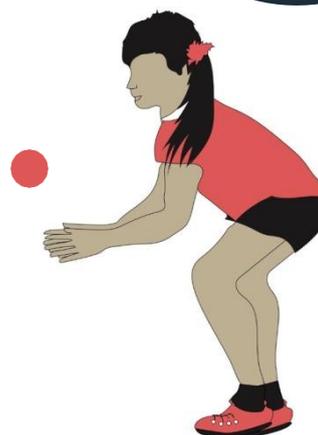
£1 to take part in all 3 challenges

Catch and Clap 73 Second Challenge



Can you focus on the ball to maximise your concentration?

How many times can you throw a ball up, clap once and catch it in 73 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



Throw and catch a ball
If you do not have a ball, use a toilet roll or a rolled up pair of socks.



Don't drop it!
Each time you drop the ball take five seconds off your time!



Play with a partner!
Throw, clap and catch in pairs.
Can you beat your individual score?

Challenges developed from the Youth Sport Trust and Complete P.E.'s 60 Second Physical Activity Challenges



YOUTH SPORT TRUST



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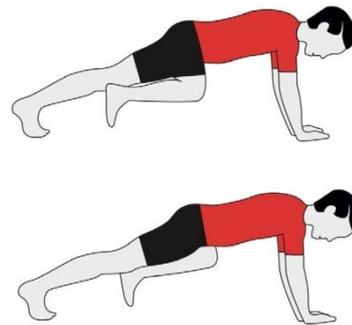
Climb the Mountain 73 Second Challenge



How many mountain climbers can you complete in 73 seconds?



Make sure you bring your knees up as you move, do not just flick your legs up and down.



No equipment is required
Just make sure you use a clear, open and safe space.


Challenge yourself!
Perform a press up after each mountain climber.


Compete against other family members.
The first person to achieve 50 climbers is the winner.



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Hopscotch in a Hurry 73 Second Challenge

Can you complete the hopscotch grid without missing out any of the squares?

How many times can you complete the hopscotch grid and run back to the start in 73 seconds?

Each time you complete a hopscotch grid, run back to the start and you will score a point.



Mark out a hopscotch grid
Using chalk, mark out a ten square hopscotch grid on the floor.



Can you complete the grid hopscotch backwards?



Compete against other family members.
The first person to achieve 20 circuits is the winner.