












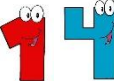
















30 Day Lockdown Challenge – A PE Challenge a Day!!

 Climb 100 Stairs	 Walk or Run 1km	Create your own 10-minute workout. 	Hold a wall sit as long as you can! 	Do as many squats as you can in a minute. 
How long can you hold the plank for? 	Can you do 100 step-ups? 	Can you do 50 burpees without stopping? 	Go for a 30-minute walk. 	Do a Joe Wickes Workout! 
How many passes can you do (partner or wall) without dropping it! 	Can you list 3 ways to score in rounders? 	Can you remember 5 different stretches? 	Can you create a poster for your favourite sport? 	Can you try and learn to juggle? 
How many star jumps can you do in a minute? 	Create a 10 - minute workout for your family. 	Go for a 45-minute walk 	Complete PE with Joe Wickes 	Can you list 3 rules of tennis? 
How many keepy uppies can you do? 	Can you list 3 rules of football? 	Can you remember 10 different stretches? 	Can you help to teach someone a new skill? 	Create a 10-question sports quiz for you family. 
Walk 1 mile with your family. 	How many squat jumps can you do in a row? 	Can you list 3 rules of netball? 	Run 1km. 	Go for a 1 Hour walk. 