

## Sports Day Challenge Card

Activity	Record Time/Number
Plank! How long can you hold it for?	
How many Tuck Jumps in 1 minute?	
How many 'Keepy Uppys' can you do with a toilet roll??	
Wall sit. How long can you hold it for?	
Push-ups. How many in a minute?	
Sit ups. How many in 1 minute?	
Test your strength! Hold your arms out straight in T shape. How long can you hold it for?	
Burpees. How many can you do in a minute?	
How many Mountain climbers can you do in one minute?	
Hand Pass. ~ 2 meters away from the wall, with a football. How many can you do in 30 seconds?	
Skipping Challenge. How many jumps in 1 minute?	
Balance the book challenge. Make out a ten-meter line. Get three old books about the same size. Start with one book, then two and then three. If you make it across with one you get 5 points. If you turn and go back with two books 10 points and if you turn and go back with 3 books 15 points!!	
Wheelie bin challenge. From ten meters away with a football off the ground 20 meters away try and get it in the bin! How many attempts did it take??	
Running challenge. 1km. Run 1km and record your time.	
Gymnastic Challenge. Create a 1 or 2 minute-long Gymnastics routine. Practice it and perform it for a family member with a piece of music.	
Final challenge should you choose to accept it?!!!!!!!!!!!!!!!!!!!!!! (Complete your challenge. Make a short video if you'd like) Good luck!	