

**Sports Challenge – how many can you do in 1 hour?**

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| 1 minute plank – 3 times | 25 squats – 3 times | Wall sit with legs at 90 degrees – 2 minutes | Walk up and down stairs 25 times in a row | 20 press ups (on your knees if you need to) – 3 times |
| Walk 2 laps of the local park | Skip on the spot for 2 minutes with or without rope – 3 times | Complete a workout with Joe Wicks online | Shadow box for 2 minutes – 3 times | Spend 10 minutes stretching arms and legs |
| Walk with a friend for 30 minutes 2 metres apart | Run 1 mile | Find a hill and walk up and down it 3 times as fast as you can | Run 2 miles | Spend 15 minutes trying to do as many kick ups as possible with a tennis ball |
| Run and walk between lampposts for 1 mile | Try to hold a plank for as long as you can | Wall sit with legs at 90 degrees for as long as you can | Walk to the top of a big hill and take a selfie | Cycle 3 miles |
| Spend 20 minutes kicking a ball against a wall | Play hopscotch for 20 minutes with someone in your family | 10 lunges – 3 times | Cycle 5 miles | Warm up and do 100m sprints – 5 times |
| Try an online yoga class | Create an obstacle course and see how quickly you can do it | Run for 30 minutes | Walk for 30 minutes | 50 star jumps |
| Practice throwing and catching a ball for 15 minutes with a friend | Complete an online fitness class | Sprint on spot for 20 seconds – 5 times | 10 lunges and squats – 3 times | Pick 2 of your favourite dance songs and dance to them |
| Make your own dance to your favourite song | Walk 3 miles | Plan a long walk using a map or google maps | 10 hops on each leg – 3 times | Download the Bleep Test and see what level you can reach |
| 20 Star jumps, Squats and press ups – 3 times | Practice relaxation breathing  7 seconds in 4 seconds out | Throw a ball in the air and clap as many times as you can before catching | See how many sit ups and press-ups you can do in 1 minute | Lie on your back and raise your legs 6 inches off the floor – hold as long as you can |
| Plan a 6 mile bike ride with a friend | 10 squat jumps – 3 times | Bounce a ball 100 times with each hand without stopping | 50 continuous kick ups with a ball | Practice balancing on one leg for as long as you can (keep swapping legs) – 10 minutes |