Crossdale Primary School Active Challenge

HOW MANY ACTIVITIES CAN YOU COMPLETE IN ONE WEEK?
EACH CHALLENGE IS SEPERATE
WORK AS A BUBBLE, OR GO FOR IT ON YOUR OWN
CAN YOU COMPLETE THAN MR SANDERS

Complete a pe workout #PEwithJoeWicks

Create a game and play with your family

Run 2KM

50 Throw + Catch

Run 1KM

Cycle 5KM

10 Press ups

10 Sit ups

Walk 5KM

Make a smoothie

Walk 10KM

Complete 10,000 steps in a day

Complete an online yoga class

Handstand for 10 seconds

Hold a balance for 30 seconds

Create your own workout

Hold a plank for 1 minute

Run 3KM

Hold a balance for 60 seconds

Cycle 10KM

Complete 12'000 steps in a day