

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

<p>1 Climb 100 Stairs</p>	<p>Walk or Run 1km 2</p>	<p>Create your own 10-minute workout. 3</p>	<p>Hold a wall sit as long as you can! 4</p>	<p>Do as many squats as you can in a minute. 5</p>
<p>How long can you hold the plank for? 6</p>	<p>Can you do 100 step-ups? 7</p>	<p>Can you do 50 burpees without stopping? 8</p>	<p>Go for a 30-minute walk. 9</p>	<p>Do a Joe Wickes Workout! 10</p>
<p>How many passes can you do (partner or wall) without dropping it! 11</p>	<p>Can you list 3 ways to score in rounders? 12</p>	<p>Can you remember 5 different stretches? 13</p>	<p>Can you create a poster for your favourite sport? 14</p>	<p>Can you try and learn to juggle? 15</p>
<p>How many star jumps can you do in a minute? 16</p>	<p>Create a 10 - minute workout for your family. 17</p>	<p>Go for a 45-minute walk 18</p>	<p>Complete PE with Joe Wickes 19</p>	<p>Can you list 3 rules of tennis? 20</p>
<p>How many keepy uppies can you do? 21</p>	<p>Can you list 3 rules of football? 22</p>	<p>Can you remember 10 different stretches? 23</p>	<p>Can you help to teach someone a new skill? 24</p>	<p>Create a 10-question sports quiz for you family. 25</p>
<p>Walk 1 mile with your family. 26</p>	<p>How many squat jumps can you do in a row? 27</p>	<p>Can you list 3 rules of netball? 28</p>	<p>Run 1km. 29</p>	<p>Go for a 1 Hour walk. 30</p>