

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

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