

Edstart want you to keep as active as you can throughout lockdown.

See if you can take part in these challenges every day for the whole of January.

What level can you achieve?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 st <i>Can you find a household item and balance it on your head for 1 minute? Be Careful!</i>	2 nd <i>Can you find another household item, balance it on your head and walk around for 1 minute?</i>	3 rd <u>Standing Long Jump</u> <i>Stand with both feet together, swing your arms and power forwards landing on both feet. Measure the distance.</i>
4 th <u>Plank Challenge</u> <i>How long can you hold the plank position for?</i> Rising Star – 30s+ Shooting star – 60s Super Star – 1m	5 th <i>How many Star Jumps can you do in one minute?</i> Rising Star – 15+ Shooting star – 30 Super Star – 40+	6 th <i>How many Press-Ups can you do in 30 seconds?</i> Rising Star – 5+ Shooting star – 10 Super Star – 15+	7 th <i>Draw a picture of your sporting hero and write down why they are your sporting hero. Send it to our facebook page so we can display it.</i>	8 th <u>Speed Bounce</u> <i>Mark a line and see how many times you can jump 2 footed either side of it in 1 minute.</i>	9 th <i>Create your own target game. Find some soft things to throw at your target.</i>	10 th <u>On the spot Sprints</u> <i>Find your pulse. How many times does it beat in one minute? Now sprint on the spot for 30 seconds. Check your pulse again. What has happened to it?</i>
11 th <u>On the spot Sprints</u> <i>Find your pulse. How many times does it beat in one minute? Now sprint on the spot for 30 seconds. Check your pulse again. What has happened to it?</i>	12 th <u>Burpees Challenge</u> <i>Teach yourself how to do a burpee and then see how many you can do in 30 seconds.</i>	13 th <u>Keepy Uppies</u> <i>Find a pair of socks and make a ball out of them. See if you can keep the socks off the floor by kicking, kneeling or heading them.</i>	14 th <u>Leg Raises Challenge</u> <i>Lie on you back and see how many times you can raise your legs at the same time in 1 minute.</i>	15 th <u>Flutter Kicks Challenge</u> <i>Lie on you back and see how many times you can alternatively raise your legs in 1 minute.</i>	16 th <u>Bottle Flip</u> <i>A plastic 500ml water bottle with roughly 175ml of water in it and tighten the lid. You must try and flip the water bottle onto the table, getting the bottle to land upright. You have 1 minute to complete as many landings as you can.</i>	17 th <u>Squat Challenge</u> <i>How many squats can you do in 1 minute?</i> Rising Star – 10+ Shooting star – 25+ Super Star – 40+
18 th <u>Squat Jump Challenge</u> <i>How many jumping squats can you do in 1 minute?</i> Rising Star – 10+ Shooting star – 25+ Super Star – 40+	19 th <u>Target Practice</u> <i>Choose an object as a target. Get 5 pairs of socks to throw. Stand about 8 metres away from the target. Time how long it takes you to get the 5 pairs of socks into the target.</i>	20 th <u>Plank Pike Challenge</u> <i>Get into the plank position and then see how many times you can raise your bottom in the air in 1 minute.</i>	21 st <u>Mountain Climber Challenge</u> <i>Get into the press up position and see how many times you can move your knees towards your elbow in 1 minute.</i>	22 nd <u>Glute Bridge Challenge</u> <i>Lie on your back and bend your knees. How many times can you lift your hips towards the ceiling in 1 minute. Rising Star – 10+ Shooting star – 25+ Super Star – 40+</i>	23 rd <u>Speed Bounce</u> <i>Mark a line and see how many times you can hop either side of it in 1 minute.</i>	24 th <i>How many times can you stand up and then touch your toes in 30 seconds?</i>
25 th <i>How many Sit Ups can you do in 30 seconds?</i>	26 th <u>Round the world</u> <i>Get a ball or a teddy and see how many times you can pass it round your body in 1 minute.</i>	27 th <i>How many times can you throw and catch a ball or pair of socks with one hand in one minute?</i>	28 th <i>How many Sit Ups can you do in 1 minute?</i>	29 th <u>Shoulder Taps</u> <i>Get into the press up position. See how many times you can alternately tap your shoulders in 1 minute. Left hand taps right and right hand taps left.</i>	30 th <i>How many times you can you hit a ball or teddy up in the air using the palm of your hands?</i>	31 st <i>Can you find a household item and balance it on your head for 1 minute? Be Careful!</i>