**Liverpool Street School Active Challenge**

Daily Challenge try to do 10 of those activities a day and have all of them done by the end of the week

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| 1  **2Km Walk or Run** | 2  **25 sit up** | 3  Joggle for 5 minutes | 4  **Balance for 2 minutes on one foot then change foot** |
| 5  **25 Jumping Jacks** | 6  **Toss a objet for 10 minutes** | 7  **25 minutes Biking/**  **Roller Blading /Skateboarding** | 8  **Dribble with your hands or feet’s for 10 minutes** |
| 9  **25 Push-up** | 10  **Hop for 2 minutes** | 11  **60 second Wall Chair** | 12  **25 Burpees** |
| 13  **50 Squats in a day** | 14  **Crabbe walk for 2 minutes** | 15  **60 second Planks** | 16  **Play catch for 10 minutes** |