**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**  | 3Joggle 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** |