

February Sports Challenge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

1st

Throw a ball at the wall and **catch** it again.
Bronze: 15 Catches
Silver: 25 Catches
Gold: 35 Catches

2nd

Tuck Jump for 1 minute
Bronze: 15 Jumps
Silver: 20 Jumps
Gold: 35 Jumps
Rest and repeat

3rd

Design an obstacle course. How many **methods of travel** do you use to complete it?

4th

Practice hitting targets by **kicking** a ball. Which part of your foot gave you the most **accuracy**?

5th

Champion Fitness
https://youtu.be/d1rdNWB_lw_o

Go out for a **walk**

8th

Throw a ball from one hand, **catch** with the other.
Bronze: 15 Catches
Silver: 25 Catches
Gold: 35 Catches

9th

Sit ups for 1 minute
Bronze: 10 sit ups
Silver: 15 Sit ups
Gold: 25 Sit ups
Rest and repeat

10th

Build a den.

Can you make one indoors and one outdoors?

11th

Practice **keepy-ups** with a **football** or soft object. Can you use your knees and feet to keep the ball up

12th

Champion Fitness
https://youtu.be/BSJAUU_hj_-Q

Go and collect some leaves and twigs and **make** a bug hotel

15th

Throw a socks into a basket
Bronze: 10 Hits
Silver: 15 Hits
Gold: 30 Hits

16th

Press Ups for 1 minute.
Bronze: 7 Press Ups
Silver: 15 Press Ups
Gold: 25 Press Ups
Rest and repeat

17th

Invent a new game.

Think of rules, equipment, how you score points and a name.
Can it be played alone?

18th

See how long you can **balance** a ball on different parts of your body. Foot, Arm, Back of Hand, Neck, Thigh, Finger Tips

19th

Champion Fitness
https://youtu.be/VhMux9aWE_I

Go for a **jog**

22nd

Throw an object into the air and clap your hands before you **catch** it.
Bronze: 1 Clap
Silver: 3 Claps
Gold: 6 Claps

23rd

Burpees for 1 minute.
Bronze: 7 Press Ups
Silver: 15 Press Ups
Gold: 25 Press Ups
Rest and repeat

24th

Write a quiz. Create 20 sports questions with 3 possible answers (only one which is correct) and challenge someone to answer them.

25th

Practice **dribbling** a football. Place obstacles out using house hold items to dribble around. Experiment with different parts of the foot

26th

Champion Fitness
<https://youtu.be/vzuTcCZ6E8E>

Go to the park to **play**