

## CHALLENGE 50

Hold the plank position for as long as possible	Try the YST PE Lessons (Tues & Thurs at 5pm <a href="https://www.youtube.com/user/YouthSportTrust">www.youtube.com/user/YouthSportTrust</a> )	Eat a fruit or vegetable that you have never tried before	Try one or more of these activities: <a href="http://www.activekidsdobetter.co.uk/active-home">www.activekidsdobetter.co.uk/active-home</a>	Throw and catch a ball against a wall for 5 minutes – how many times can you catch without dropping it?	Devise a treasure hunt around your home for your family to try	Bake (or help) something healthy	During your schoolwork, get up every 20 minutes and stretch	Do an 8km (5 mile) walk	Try a football themed challenge: <a href="http://www.thefa.com/get-involved/footballs-staying-at-home/extra-time">www.thefa.com/get-involved/footballs-staying-at-home/extra-time</a>
Try Cosmic Yoga <a href="https://cosmickids.com">https://cosmickids.com</a>	Find something to hang off and see how long you can hang by your hands	Do a 2km/1.2 mile run	Create your own fitness game eg fitness snakes and ladders or bingo	Complete 100 bounces on a trampoline or jump up and down	Ghostbusters Challenge <a href="https://www.youtube.com/watch?v=8RTT4hUJSBA">https://www.youtube.com/watch?v=8RTT4hUJSBA</a>	Try Keepie Uppies (use a ball, balloon, bean bag) using your foot, hand or a racket	Create an obstacle course using what you have in your house or garden (ask your parents!)	Go on a local walk and find 10 things beginning with a single letter (e.g., V)	As a family, go for a run, walk or bike ride
For something different, visit <a href="https://familygoodle.com">https://familygoodle.com</a> and copy one of their videos	Do 10,000 steps every day for one week	Go for a run, walk or bike without worrying about the distance	Do a Joe Wicks workout <a href="http://www.youtube.com/watch?v=d3LPrhIOv-w">www.youtube.com/watch?v=d3LPrhIOv-w</a>	Try a Disney Dance Along routine <a href="http://www.thisgirlcan.co.uk/activities/disney-workouts/">www.thisgirlcan.co.uk/activities/disney-workouts/</a>	Do a 5km (3.1 mile) run	Try a "Move Crew" activity led by stars such as Hollie Arnold <a href="https://ukactivekids.com/movecrew/">https://ukactivekids.com/movecrew/</a>	Download the Chill Panda app and practice good breathing techniques	Try some of these 60 second challenges: <a href="http://www.youthsporttrust.org/60-second-physical-activity-challenges">www.youthsporttrust.org/60-second-physical-activity-challenges</a>	Walk, jog or cycle a mile each day for a week
Try getting on some wheels (heelys/scooter/skateboard)	Try a Disney themed activity <a href="http://www.nhs.uk/10-minute-shake-up/shake-ups">www.nhs.uk/10-minute-shake-up/shake-ups</a>	Try a Just Dance (search Just Dance on YouTube)	Download the TopYa app and try their challenges ( <a href="http://https://toyha.com">https://toyha.com</a> )	Create your own Personal Best Challenge and track your weekly improvement	Learn to do press ups and see how many you can do in one go	Try an awesome themed activity: <a href="http://www.youtube.com/user/Glennhigginsfitness">www.youtube.com/user/Glennhigginsfitness</a>	Try some stretches from Save the Children <a href="https://bit.ly/3ompiYa">https://bit.ly/3ompiYa</a>	Do a 10km (6.2 mile) bike ride	Have a go at these activities from our friends in Yorkshire <a href="https://bit.ly/3iMRgew">https://bit.ly/3iMRgew</a>
Do a Tik Tok dance or create your own dance routine.	Do a 5km (3.1 mile) bike ride	Create and play a game which requires no equipment at all	Do a family chore every day for a week.	Only drink water for a day, no fizzy or sugary drinks	Register & try Wonder Woman Activities <a href="http://www.youthsporttrust.org/wonder-woman-1984">www.youthsporttrust.org/wonder-woman-1984</a>	Do 10 Just Dance routines – back-to-back! (See Just Dance on YouTube)	Cook (or help) a Healthy Meal	Skip with a rope for 10 minutes	Try Zumba! <a href="http://www.youtube.com/watch?v=ymigWt5TOV8">www.youtube.com/watch?v=ymigWt5TOV8</a>