



# Physical Education & School Sport

## 42 Days of Summer Wellness Challenge

Climb over a stile



Go Rock pooling



Build a sandcastle



Ride your bike for 15 mins



Walk 2 Kilometer



Count the stars



Paddle in the sea or puddle



Build a den inside and out



Dig for worms



Collect 6 different leaves



Plant a seed and watch it grow



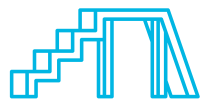
Balance on one leg with eyes shut



Sprint 5 x 20m ten times



Make an obstacle course



Kick a ball for 30mins



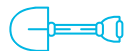
Walk around balancing something



Walk up 100 steps



Dig a hole in the sand as big as your legs



Make a picnic and eat it



Use a map to go on an adventure



Collect sticks and make a model



Wash the car or the dog



Try and find some seaglass



Pick some wild blackberries



Go on a treasure hunt using a geocache



Meditate in the garden



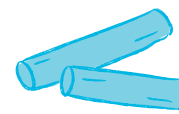
Have a water fight



Dance in the rain (or outside)



Create a chalk walk



Random act of kindness



Create your own mini golf course



Find some rocks to paint



Make and bury a time capsule



Make a healthy snack for you and your family



Go animal spotting in your garden



Throw/catch different objects for 10 mins



Play on stepping stones



Make a bird feeder



Find a play game you've not played for a while



Water plants in the garden



Complete a personal challenge



Learn a new skill



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