

How many of these challenges can you complete today?

 Can you try
and learn to
juggle?

How many star
jumps can you
do in a
minute?


Create a 10 - 
minute workout
for your family.

Go for a 45-
minute walk


 Complete PE with
Joe Wickes

Can you list 3
rules of tennis?


How many keepy
uppies can you do?
