

Make Your Move

66 Challenges to raise over £66k



- 1. Library Challenge: Balance on one leg with a book on your head for as long as you can
- 2. Leisure centre Challenge: Swim 3 strokes/swim a width/swim a length/tread water for 1 minute

Park Challenges:

- 3. Run as fast as you can for 30 seconds
- 4. Do 20 star jumps
- 5. Hop on one leg for 1 minute
- 6. Do 3 cartwheels in a row
- 7. Jump further than one metre
- 8. Balance a ball on your head
- 9. Spin in a circle for 10 seconds
- 10. Make a hopscotch and play for 5 minutes
- 11. Throw a ball in the air and catch it 5 times
- 12. Do 10 sit ups
- 13. Do 10 push ups
- 14. Walk on tiptoes for 30 seconds
- 15. Touch your toes 10 times
- 16. Do 10 squats
- 17. Do 5 forward rolls
- 18. Jog on the spot for 30 seconds
- 19. March with high knees for 1 minutes
- 20. Jump on the spot for 30 seconds
- 21. Punch the air in front of you with each arm for 20 seconds
- 22. Jump on the spot with high knees for 30 seconds
- 23. Wave your arms from side to side for 30 seconds
- 24. Crouch on the ground then stretch and jump into the air 10 times
- 25. Do step ups using the bottom step for 30 seconds
- 26. Lay something to mark lily pads on the floor and jump from one to the next like a frog
- 27. Put your arms out to the side and make circles with them for 30 seconds
- 28. Balance on one leg for 1 minute
- 29. Balance on the other leg for 1 minute
- 30. Dance for 30 seconds
- 31. Walk for 10 minutes
- 32. Do 10 lunges with each leg
- 33. Kick a ball to someone 10 times

- 34. Breathe in, raising your arms above your head, breath out, lowering them to your side-10 times
- 35. Spin your hips in a big circle, ten times each way
- 36. Do plank for 10 seconds
- 37. Lunge one leg forward, hips facing forward and hold your arms raised- hold for 20 seconds
- 38. Repeat with the other leg
- 39. Sit on the floor with your legs stretched in front and touch your toes
- 40. Sitting, point and flex your toes 20 times
- 41. Lie on your back and move your legs as if you're riding a bike for 20 seconds
- 42. Lie on your back and raise your legs together and hold for 10 seconds
- 43. Lie on your side and lift your leg up 30 times
- 44. Repeat with the other leg
- 45. Lie on your front and stretch out your arms and legs, lifting them off the floor for 10 seconds
- 46. Stretch in a star pose and touch the left toe with the right hand for 10 seconds
- 47. Repeat touching the right toes with the left hand for 10 seconds
- 48. Lying on your belly, bend your feet toward your back and reach back to hold your feet. Hold for 10 seconds
- 49. Sit, holding your feet close to your body and your knees outwards. Move your knees up and down like a butterfly for 30 seconds
- 50. Pretend you are sitting in an imaginary chair for 20 seconds- use a wall if you need to
- 51. Stand in a star pose and bend sideways so your left arm touches your left leg
- 52. Repeat for the other side
- 53. Plank Shoulder tap challenge – As many as you can in 15 seconds (Alternating)
- 54. Catch and clap challenge – throw a ball in the air and how many catches can you do?
- 55. Speed jump challenge - side to side over an object- 1 minute
- 56. How long can you hold a plank? Longest time challenge!
- 57. Juggle challenge in 30 seconds (can be done with 2 balls/ bean bags)
- 58. Hand stand challenge- how long can you do? Use a wall if you need to
- 59. Air balloon challenge – Can you keep the balloon up for 1 minute?
- 60. Wall ball – how many times can you throw and catch into the wall for 30 seconds
- 61. Throw a temper tantrum for 30 seconds
- 62. Plank reach. How quickly can you reach all the different spots whilst in plank?
- 63. How many different exercise can you do in 1 minute?
- 64. On the floor Mountain climber challenge – How many in 30 seconds
- 65. Hoola Hoop challenge – how many times in one minute?
- 66. Ball in a bucket challenge – Throw and retrieve as many times as you can in 30 seconds