

Brunel Primary, get away from the screen, half term challenge.

Create an indoor obstacle course.	Jog around your local park.	Ride something with wheels, (big or small).	<i>Invent your own challenge.</i>	TOUCH YOUR TOES 15 TIMES.
1 minute of running on the spot.	DANCE TO YOUR FAVOURITE RECORD.	Lift a broom from the floor to over your head 50 times	30 squat thrusts.	Walk somewhere you normally drive to.
Follow a Joe Wicks workout.	20 mins of playing catch.	50 burpees without stopping.	Walk 1km away from home, then run back home.	Have a short distance sprinting race.
Climb 100 stairs one at a time.	20 PUSH-UPS.	Walk to a picnic spot and eat sandwiches.	Rotate side to side holding a heavy book for 2 minutes.	How long can you hold the plank ?
25 sit ups , elbow to opposite knee.	Go for a family walk.	2 minutes of bicep curls with a tin of beans.	20 minutes of Keepy uppy.	Pass a football to a friend or against a wall.