

March Sports Challenge

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

1st **Keepy ups**
scrunched up piece of paper
and a hard back book
Bronze: 10 Hits
Silver: 20 Hits
Gold: 30+ Hits

2nd **Star Jump**
for 1 minute
Bronze: 20 Jumps
Silver: 30 Jumps
Gold: 40+ Jumps
Rest and repeat

3rd
Teddy Bear
Challenge

4th
See how far you can
throw an objec using over
arm throw. Then place a
marker down and try
again

5th
Boxing Session
1

Ride a bike or scooter

8th Scatter socks on
the floor. How many can you
place in a basket in 1 minute?
Bronze: 10 Socks
Silver: 25 Socks
Gold: 35+ Socks

9th **Squat**
for 1 minute
Bronze: 12 Squats
Silver: 15 Squats
Gold: 25+ Squats
Rest and repeat

10th
Towel Toss

11th
See if you can knock
down targets by kicking a
ball towards them

12th
Boxing Session
2

Climb a hill

15th **Pillow Jump**
Count how many jumps p over a
pillow with two feet in one
minute?
Bronze: 20 Jumps
Silver: 30 Jumps
Gold: 35+ Jumps

16th **Leg Raises**
for 1 minute.
Bronze: 7 Leg Raises
Silver: 13 Leg raises
Gold: 20+ Leg Raises
Rest and repeat

17th
Animal Detective

18th
see how many objects you
can throw into a basket
using underarm throw

19th
Boxing Session
3

Build a tent

22nd **Bounce and Catch**
Bounce a ball and catch it
again for 1 minute.
Bronze: 10 Bounces
Silver: 15 Bounces
Gold: 20+ Bounces

23rd **High Knees**
for 1 minute.
Bronze: 20 High Knees
Silver: 30 High Knees
Gold: 40+ High Knees
Rest and repeat

24th
Scavenger Hunt

25th
Set up some skittles and
practice underarm rolling to
knock them over. How many
attempts did it take?

26th
Boxing Session
4

Do some gardening or
housework with an
adult

29th **Shuttle Run**
10 metre sprint as many
times in 1 minute
Bronze: 10 Shuttles
Silver: 15 Shuttles
Gold: 20+ Shutles

30th **Air Punches**
for 1 minute.
Bronze: 30 Punches
Silver: 40 Punches
Gold: 50+ Punches
Rest and repeat

31st
Where in the
world?

www.becomeachampion.co.uk