



CHALLENGE #1 – 1km run/ walk / cycle

Task: Walk, jog or run 1km distance you like and time yourself. Capture a screenshot of the time and distance. The form with the quickest time wins, but the individual with the best stats will gain bonus points. You can complete this as many times as you want but enter in your time.

CHALLENGE #2 - Stay Balanced

Task: Try this balance challenge! Balance on one leg on your tiptoes for as long as possible. The form with the greatest overall time wins, but the individual with the best time will gain bonus points!

CHALLENGE #3 - Flippin 'eck!

Task: Try this bottle flipping challenge! The form with the greatest overall number of bottle flips in 30 seconds wins, but the individual with the best effort will gain bonus points.

CHALLENGE #4 - Wall Ball

Task: Try this co-ordination challenge! How many times can you throw the ball against a wall and catch it in 30 seconds? The form with the greatest overall number wins, but the individual with the best effort will gain bonus points.

CHALLENGE #5 – Speed Bounce

Task: Have a go at this speed bounce challenge. Jump over an object with two feet together as many times as possible in one minute. The form with the greatest bounces in one minute wins, but the individual with the best effort will gain bonus points.



CHALLENGE #6 – Standing long jump

Task: Try this long jump challenge. Stand still with two feet together and jump as far as you can. Measure from where you land. Do not fall backwards. The form with the greatest distance wins, but the individual with the best effort will gain bonus points.

CHALLENGE #7 – Speed challenge

Task: Push yourself! How quick can you run 10 x 5m shuttle runs? Set out 10m and run these 5 times. Time the total runs, if you need a break, keep the clock timing. The form with the quickest time wins, but the individual with quickest time will gain bonus points.

CHALLENGE #8 – Egg and spoon race – 10m

Task: Can you complete 10m walking or running with the egg and spoon intact at the end of the 10m. Measure out 10m with a tape measure or steps and walk or run with the egg to the other side, time how long it takes. The form with the quickest time wins, but the individual with quickest time will gain bonus points.