

Mr Barry's Daily Challenges!

Day 2

Target throw battleships – Using ultimate team cards, playing cards or any other numbered targets set out your targets on your side of the playing area. To win a card/player you must hit their target with your bean bag/rolled up socks. The person with the highest score wins.

Day 3

Family circuits –

10 station circuit that can be completed in the house or in the garden 60 seconds of work with 30 seconds of rest:

Station 1 – Sit-ups

Station 2 – Press ups

Station 3 – Mountain climbers

Station 4 – Plank

Station 5 – Rest or high knees

Station 6 – Squat jumps

Station 7 – Lunges

Station 8 – Burpees

Station 9 – Star jumps

Station 10 – Rest or wall squat

Day 4

Football challenge –

1) Keepy up challenge – Right foot, Left foot, Right knee, Left Knee, Right shoulder, left shoulder and head. In that order.

2) Sock keepy up challenge – How many keepy ups can you do with a rolled up pair of socks

3) Top bin challenge – In your garden take out a washing basket and your challenge is to kick/throw a pair of rolled up socks in the basket in the most creative way possible.

Day 5

Fitness test family challenges –

To test your muscular endurance you must complete the following tests:

60 seconds press ups- how many can you do in 60 seconds?

60 seconds sit ups- how many sit ups can you do in 60 seconds?

Plank challenge- how long can you hold a plank for before you bridge or drop?