

Physical Education & School Sport

42 Days of Summer Wellness Challenge

Build a

sandcastle

Dig for

worms

Kick a ball

for 30mins

Collect sticks

and make a

model

Have a

water fight

Make and

bury a time

capsule

Climb over a style



Paddle in the sea or



Sprint 5 x

20m ten

times

Make a

picnic and

eat_it

Go on a

treasure

hunt using a

geo cache

Create your

own mini

golf course

Play on

stepping

stones

Build a den inside and out

Go Rock

pooling

OAU $\kappa_{\rm r}$





Make an obstacle course



Use a map to go on an adventure



Meditate in the garden



Find some rocks to paint



Make a bird feeder



Find a play a game you've not played



Ride your bike for 15 mins



Collect 6 different leaves



Walk around balancing something



Wash the car or the dog



Dance in the rain (or



Make a healthy snack for you and



Water plants in the garden



Walk 2 Kilometer



Plant a seed and watch it grow



Walk up 100 steps



Try and find some



Create a chalk walk



Go animal spotting in your garden



Complete a personal



Count the



Balance on one leg with eyes shut



Dig a hole in the sand as big as your legs



Pick some wild blackberries



Random act of kindness



Throw/catch different objects for 10 mins



Learn a new skill





Northumberland

