

# HBSSPAN

## 50 DAY ACTIVITY CHALLENGE

Can you complete this 50 Day Challenge? Tick off the activities as you go!

Day	Activity	√	Day	Activity	√
1	Hop on 1 foot for 20seconds		17	Challenge a friend to a running race!	
2	Throw and catch a ball above your head 20 times		18	Come up 5 different goal celebrations!	
3	Balance on 1 leg for 30seconds		19	Create your own Joe Wicks Workout	
4	Jump side to side for 30seconds		20	Perform a backwards roll <b>**Ask for assistance**</b>	
5	Sit down and Stand up 30 times		21	Burn off the same calories as a Mars Bar	
6	Keep a balloon in the air for 1minute		22	Build a Den	
7	Throw a ball against a wall and catch it 20 times		23	Create and take part in a Scavenger Hunt	
8	Dribble a ball in and out of cones for 1minute		24	Spend 30minutes playing at your local park	
9	Design and complete your own Obstacle Course		25	Have a water fight! <b>**Ask for permission first**</b>	
10	Have a pillow fight <b>**Ask for permission first**</b>		26	Go for a bike ride	
11	Practise a new skill for 15minutes		27	Throw a Frisbee with a friend	
12	Perform a forward roll <b>**Ask for assistance**</b>		28	Do as many Press Ups as you can in 30seconds	
13	Hula Hoop for 2minutes		29	Keep 2 Balloons in the air for 1 minute	
14	Skip for 5minutes in total		30	Take part in a limbo competition!	
15	Learn how to Juggle with 2 balls		31	Practice throwing a ball with your "weaker" arm	
16	Hold a plank position for 30seconds		32	Take part in an Egg and Spoon race	

33	Practice throwing a ball at a target	43	Learn how to Juggle with 3 balls
34	Hold a side plank for 30seconds	44	Design your own Gymnastics Routine
35	Video yourself performing a Trick Shot	45	Do as many Sit Up as you can in 30seconds
36	Hula Hoop for 5minutes	46	Go for a ride on a scooter for 30minutes
37	Challenge a friend to a game of Boccia	47	Perform your own Haka (NZ Rugby Dance)
38	Perform a Cartwheel <b>**Ask for assistance**</b>	48	Complete a session of Yoga
39	Walk on stilts	49	Climb a tree <b>**Ask for assistance**</b>
40	Hold a Plank Position for 1minute	50	Run for 5minutes non-stop!
41	Go for a walk in the woods		
42	Do 30 kick ups with a ball of your choice		

If you can't complete it first time, go back to it another day! Never give up!

We would love to see how you're getting on, let us know on the HBSSPAN Twitter Page



[https://www.twitter.com/hb\\_span](https://www.twitter.com/hb_span)

#TeamHBSSPAN #50DayChallenge

