**#Twopointsixchallenge**

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| **Challenge Description** | **Day & date I completed the Challenge** | **My score** **(This is optional)****Time****Distance****Repetitions** | **I did the challenge:****\*On my own.****\*I Challenged a friend/family member.****\*With my whole family for fun** |
| Run for 2.6 miles (or kilometres) over the whole week.  |  |  |  |
| Bike ride for 2.6 or 26 miles (or kilometres) over the whole week.  |  |  |  |
| Bounce a ball 26 times without losing control.If you are good at these skills, maybe time how long it takes you to do it. |  |  |  |
| Dance to your favourite songs for 26 minutes or 2.6 minutes(156 seconds) |  |  |  |
| Ride your horse for 2.6 miles or 26 miles (or kilometres) over the whole week. |  |  |  |
| Complete 26 press ups. |  |  |  |
| Try and do 26 football ‘Keepy ups’. If you are good at these skills, maybe time how long it takes you to do it.  |  |  |  |
| Skip for 2.6 minutes (156 seconds) or complete 26 skips without any mistakes. |  |  |  |
| Try 26 sofa /coffee table tricep dips |  |  |  |
| Jump 26 times on a trampolineTry some different shapes |  |  |  |
| Stretch with 26 Yoga poses – that’s one for each letter of the alphabet! |  |  |  |
| Throw and catch a ball 26 times against a wall or with a partner.  |  |  |  |
| Hold a plank position for 26 seconds or 2.6 minutes. |  |  |  |
| Choose 26 tunes with your family and hold a dancing disco! |  |  |  |
| Complete 26 star jumps or 26 jumping jacks |  |  |  |
| Hop on each leg 26 times |  |  |  |
| Take your dog for a 26 minute walk or 2.6 mile walk |  |  |  |
| Complete 26 laps of your garden – walking, running, skipping, hopping |  |  |  |
| Complete 26 step ups |  |  |  |
| Hoola-hoop for 26 seconds or 2.6 minutes! |  |  |  |
| How far can you sprint in 2.6 seconds? |  |  |  |
| Can you throw a ball / rolled-up sock into a bucket 26 times |  |  |  |
| How quickly can you complete 26 two footed jumps over a line on the floor? |  |  |  |
| Complete 26 shoulder shrugs as fast as you can.  |  |  |  |
| Walk up and down the stairs 26 times.  |  |  |  |
| Stand up and sit down from a chair 26 times |  |  |  |
| Balance on 1 leg and write your name 26 times on a piece of paper! Can you do it without falling over? |  |  |  |
| Complete 26 football passes against a wall or with a partner |  |  |  |
| Run with high knees on the spot as fast as you can for 26 seconds |  |  |  |
| Complete 26 10m shuttle runs as fast as you can |  |  |  |
| Rub your tummy with one hand and pat your head with the other hand 26 times |  |  |  |
| Hold a wall sit for 2.6 minutes |  |  |  |
| During a TV ad break can you complete 26 press ups or 26 squats or 26 star jumps or 26 sit ups before the programme comes back on? |  |  |  |

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This is space for you to come up with your own ideas for 2.6 challenges

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