**#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 trampoline  Try 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? |  |  |  | |

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

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