

## Active Schools 21 Challenges for Wellbeing in 2021

Complete a Bike  
ride or a scoot

Complete a 30  
Second Wall Sit

How many Star  
Jumps can you do  
in 30 seconds

How many throw  
and catches can  
you do in a row

Go to bed 30  
minutes earlier

Put your favourite  
song on and  
Dance

Try a new piece of  
Fruit and/or Veg

Complete a Joe  
Wicks workout

Reduce your  
screen time by 30  
minutes

Skip/Jump for 30  
seconds

Aim to drink 1  
Litre of Water

How long can you  
hold a Plank

Complete as many  
burpees in 30  
seconds

Speak to someone  
you haven't spoken  
to in a while

Go out for a walk  
and or a run

Set yourself a  
New Challenge

How many Squats  
can you do in 30  
seconds

Complete  
Yoga/Mindfulness  
exercises

How many Mountain  
Climbers can you do  
in 30 Seconds

Write down 2 things  
you are good at & 1  
thing you would like  
to improve on

How many Sit Ups can you do in 30 seconds