



King's High School

CHALLENGE THE SPORTS DEPARTMENT LOCKDOWN 3.0

Why not challenge the Sports staff and help support Mind with their mental health charity work? All you have to do is click the Challenge PE Link [Here](#) and pay £2 to select a challenge from the list below and state which member of PE staff you want to complete it at some point during the week commencing the 8th March.

1. Score 50 netball shots
2. Score 50 Hockey shots
3. Complete 200 tennis keep ups
4. Complete 200 cricket keep ups
5. Hold a handstand for 1 minute
6. Complete 50 football keep ups
7. Kick a rugby ball against the cross bar
8. 200 body weight squats
9. 500 body weight squats
10. Row 2000m as fast as you can
11. Run 2000m as fast as you can
12. Cycle 2000m as fast as you can
13. Row 5000m as fast as you can
14. Run 5000m as fast as you can
15. Cycle 5000m as fast as you can
16. 'Triathlon' – 2km row, 2km bike, 2km run consecutively
17. Hold a wall sit for as long as you can
18. Hold a plank for as long as you can
19. Complete 30 press ups
20. Complete 50 alternating lunge jumps
21. Complete 50 squat jumps

Director of Sport week long crazy challenges

Pay £2 for a vote to choose Miss Clark's challenges and Mrs Parkinson-Mills' challenges.

Miss Clark's Challenges

1. 500 burpees a day every day for 1 week
2. 500 squats a day every day for 1 week
3. Row 5000m a day every day for 1 week
4. Complete 200 sit ups, 200 Russian twists and 100 double leg raises every day for 1 week

Mrs Parkinson-Mills' Challenges

1. 500 burpees a day every day for 1 week
2. 500 squats a day every day for 1 week
3. Run 10km every day for 1 week
4. Run to school and back 1 day (28 miles total)