



Dear Children and Parents,

Sadly, due to the current circumstances we will not be able to have our sports day as usual this year. Many other major sporting events have also had to be cancelled or postponed like the Olympics and the London Marathon.

The organisers of the London Marathon have created the 2.6 challenge to replace this year's Marathon and still raise money for charity. If you would like to find out more or make a donation please follow this link

<https://twopointsixchallenge.justgiving.com/>

We have decided here at Alexander Hosea, we will have a family 2.6 challenge, which you can all take part in over the coming weeks to replace our sports day!

This will be a free challenge and at no cost, just a chance for lots of family and community fun.



Attached you will find 26 different physical/ fitness challenges, that you can do at home by yourself or as a family. How many of the 26 challenges will you be able to complete?!

You can either do the challenge

- 26 times
- For 2.6 seconds or minutes
- 2.6 miles
- 26 minutes etc

So Challenge 1 – Jumping Jacks, this could be done in the following ways

26 Jumping Jacks

Do Jumping Jacks for 2.6 minutes

Do Jumping Jacks for 26 minutes!



You can record all of your results into a table, maybe you could even time yourself for some of the challenges and compare to members of your family or with your friends through Google Classroom or 2simple (Topaz children).

The staff will also be undertaking these challenges and sharing our photos and results with you!

You will be able to add your results and photos onto Google Classroom and we will make photo montages like those that we did for the Easter Competition!

We cannot wait to see all the challenges completed and hope you enjoy all these sporting activities with your family, friends and teaching staff!

This challenge will run from Monday 4<sup>th</sup> May 2020 to Friday 23<sup>rd</sup> May 2020.

Kind regards

Mrs Rehman

PE Leader

	Challenge	Results
1	Jumping Jacks	
2	Throw and Catch a ball/ balloon	
3	Roll a ball and hit a target	
4	Throw a ball and hit a target	
5	Skipping ( with or without a rope)	
6	Walk	
7	Run	
8	Scoot	
9	Ride	

10	Hold a balance	
11	Hula Hoop	
12	Jump on a trampoline	
13	Long Jump	
14	Sit ups	
15	Press ups	
16	Yoga	
17	Juggling	
18	Dancing	

19	Create an obstacle course in the garden ( can it have 26 obstacles?!)	
20	Build a structure (2.6 m tall)	
21	Catch Bubbles	
22	Shuttle Run (between 2 points)	
23	Scavenger Hunt ( can you find 1 items for each letter of the alphabet?)	
24	Draw an animal	
25	Bake Cakes	
26	Make up your own challenge	

