

HALF TERM 6 VIRTUAL HRF CHALLENGE

COMPLETE AS MANY OF THE HRF AND SPORT CHALLENGES AS YOU CAN. ACHIEVEMENT POINTS AVAILABLE FOR COMPLETING ROWS/COLUMNS/ZIG ZAGS
PRIZES FOR COMPLETING A FULL HOUSE (100 CHALLENGES)

headspace CWS Website has skills training videos and isolation challenges

ROW /COLUMN (10 CHALLENGES) = 3 ACHIEVEMENT POINTS
ZIG ZAG (7 CHALLENGES) = 3 ACHIEVEMENT POINTS
FULL HOUSE (100 CHALLENGES) = 10 ACHIEVEMENT POINTS + PRIZE

Download Nike Training Club App @cwssport
TAG US ON INSTAGRAM when you complete each challenge

SHARE YOUR EFFORTS BY SENDING IN A #healthselfie on SMHW. (YOU MUST PROVIDE EVIDENCE OF BIG TASK COMPLETIONS)

Complete skills training or an isolation challenge	Complete an online yoga class	Complete a Tik Tok Dance	Plank 1 min	Living Room Cup on Nike App or Insta	Complete #PEwithJoe	Run 2km	Complete skills training or an isolation challenge	Create a game and play with your family	Cycle at least 5km
Living Room Cup on Nike App or Insta	Complete #PEwithJoe	Complete skills training or an isolation challenge	Cycle at least 10km	Walk 10km	10 Press Ups 10 Burpees 10 Sit Ups	Complete 12,000 steps in day	Try an Instagram isolation challenge	Run 5km	Plank 1 min
Create a game and play with your family	40 Press Ups 40 Burpees 40 Sit Ups	Run 2km	Complete an online yoga class	Create own circuit session	Cycle at least 20km	Living Room Cup on Nike App or Insta	Walk 5km	Complete skills training or an isolation challenge	10 Press Ups 10 Burpees 10 Sit Ups
Complete #PEwithJoe	Cycle at least 10km	Complete 12,000 steps in day	Cycle at least 5km	Plank 1 min	Run 1km	40 Press Ups 40 Burpees 40 Sit Ups	Complete #PEwithJoe	Create a HIIT Session	Living Room Cup on Nike App or Insta
Run 3km	Try meditation with mindfulness app	Create own circuit session	Complete #PEwithJoe	Complete skills training or an isolation challenge	Create a game and play with your family	Complete an online yoga class	Cycle at least 10km	Complete a Tik Tok Dance	Walk 3km
Cycle at least 5km	Complete a Tik Tok Dance	20 Press Ups 20 Burpees 20 Sit Ups	Run 1500m	Try an Instagram isolation challenge	Living Room Cup on Nike App or Insta	Complete skills training or an isolation challenge	30 Press Ups 30 Burpees 30 Sit Ups	Complete #PEwithJoe	Complete an online yoga class
Walk 3km	Complete #PEwithJoe	Living Room Cup on Nike App or Insta	Complete skills training or an isolation challenge	Run 3km	20 Press Ups 20 Burpees 20 Sit Ups	Cycle at least 5km	Create own circuit session	Complete 12,000 steps in day	Living Room Cup on Nike App or Insta
20 Press Ups 20 Burpees 20 Sit Ups	Complete skills training or an isolation challenge	Cycle at least 5km	Complete a Tik Tok Dance	Complete #PEwithJoe	Plank 1 min	Run 5km	Create a HIIT Session	Try meditation with mindfulness app	Create a HIIT Session
Living Room Cup on Nike App or Insta	Run 2km	Try meditation with mindfulness app	Try an Instagram isolation challenge	Create a HIIT Session	Complete skills training or an isolation challenge	Create a game and play with your family	Complete a Tik Tok Dance	Create own circuit session	Complete #PEwithJoe
Cycle at least 20km	Create a game and play with your family	Walk 5km	20 Squat 20 Lungess 60 Jumping Jacks	Cycle at least 10km	Complete 12,000 steps in day	Complete #PEwithJoe	30 Press Ups 30 Burpees 30 Sit Ups	Plank 2 min	Run 5km

