



Monday, 27<sup>th</sup> April 2020

Hi Everyone,

### **THE TRINITY ROAD “2.6 LOCKDOWN CHALLENGE”**

I hope you are keeping well and safe during this time. I am missing Sport, PE Lessons and Competitions so have decided to create our own School 2.6 Challenge.

The 2.6 Challenge officially begins on Sunday 26<sup>th</sup> April, on what should have been the 40<sup>th</sup> edition of the London Marathon. Have a look at the 26 fun challenges below and see if you can do any of these on your own or with family.

I would love to know how you get on via email to [admin@trinityroad.essex.sch.uk](mailto:admin@trinityroad.essex.sch.uk) or J2E, and if you have any other challenges related to the numbers 2.6 or 26 (the number of miles in a marathon, plus the date the event would have taken place) that you have done at home.

Take care and stay safe – Mandy

Challenge	Tick if completed
26 Squats	
Bake 26 Cakes	
Run or Cycle 2.6 miles as part of your daily exercise	
Run up and down the stairs 26 times	
Hold a Plank for 2.6 minutes	
Recount 26 letters of the alphabet	
Walk 26 laps of your Garden or Driveway	
Run a 26 metre Egg and Spoon Race	
26 Football Keepy-Uppies	
Learn 26 Spellings	
Hop on the spot 26 times each leg	
26 minutes of Dancing	
Write a 26 line Poem or Rap Song	
Skip for 2.6 minutes	
Read 26 pages of a book	
26 Sit-Ups	
Juggle with a ball for 2.6 minutes	
Build a Tower out of 26 Different Objects	
26 Burpees	
26 Star Jumps	
26 Baton Changes Relay Running/Walking	
Find 26 items that start with each letter of the alphabet	
Bounce a ball 26 times	
Walk 2.6km around your house in Fancy Dress (this will be approx 3,412 steps)	
Bounce 26 times on the Trampoline (if you have one)	
26 Seconds Running on the Spot	