

● Playground

● In Class

● In the Hall

3030 ACTIVITY IDEAS

From Max Whitlock



Below are some fun ideas from **Max Whitlock** that you can use as a menu for your pupils so that they can pick up and choose and make every day different so that it adds up to their 30 minutes of physical activity.

Complete 30 laps of your playground	30 Star Jumps	High-5 30 friends	Balance on each leg for 30 seconds	Find 30 people to play rock, paper, scissors with	Throw and catch a ball 30 times. See if you can clap when the ball is in the air!
Can you roll a small ball between 30 friends legs?	Jump around like a frog. Can you jump over 30 playground lines?	Balance a ball on your bat for 30 seconds. Can you walk at the same time?	Can you complete the 'Triangle Dance' for 30 seconds?	Can you walk around the playground lines like a tightrope walker?	Hop 30 steps on each leg
Walk around the playground pretending to swim for 30 seconds	Can you complete 30 squats	30 tummy crunches on the carpet	Dance to one of your favourite songs! How many moves can you do?	Can you complete 30 chair exercises - dips, back stretches?	30 seconds running fast on the spot
30 Usain Bolt poses (with squatting legs)	30 Mo Farah poses (Mobot with squatting legs)	30 seconds of deep breathing for 30 days	30 different sports poses	Touch the walls, moving from one to another 30 times	Complete 30 laps of the hall
Step up and down off a low piece of apparatus	Can you balance on a bench for 30 seconds?	Find 30 different ways to move across the hall	30 seconds of 'fast feet'	30 seconds of a pretend tennis rally with a friend	Can you form a jump routine made up of 30 different jumps?