

Big Pedal 2021

Step up challenge



Your mission is to see how many steps you can take inside your home or garden.

Instructions

Whether it is on your doorstep, up and down the stairs or around the house count how many steps you can do from inside your home.

Could you reach the top of a land mark? There are 1,800 stairs to get to the tallest building in the UK, the Shard. To reach the top of Snowdon you need to climb 6,382 steps.

Can your family members help you achieve your goal?

Could you set yourself a target amount of steps to achieve by the end of the week and see if you can complete it?



What you'll need:

Just yourself



Big Pedal 2021

Stand up sit down



How many times can you stand up and sit down in 30 seconds?

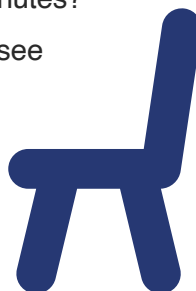
Instructions

You have 2 minutes to see how many times you can stand up and sit down on a chair. Each time you stand up you score 1 point. How many points can you get in 2 minutes?

Why not challenge a family member or guardian to see who can score the most points.

You could try using different chairs. Are some chairs easier to get higher scores with?

What happens to your score if you try and do this with no chair at all?



What you'll need:

A chair

Timer

Music (optional)

Extension

Why not see how many minutes you can stand up and sit down on a chair for.