

50

ACTIVITIES

- DODGEBALL
- WALK TO SCHOOL
- RUGBY
- DANCING
- BOWLS
- SQUATS
- FOOTBALL
- YOGA
- PILATES
- CRICKET
- SWIMMING
- BURPEES
- DOG WALK
- HIGH JUMP
- ROUNDBALLS
- DARTS
- RUNNING
- HURDLES
- LONG JUMP
- BUILD A DEN
- STAR JUMPS
- PLANK
- SIDE STEPPING
- SKATEBOARDING
- BADMINTON
- SKIPPING
- JUGGLING
- JAVELIN
- PADEL
- CYCLING
- MARCHING
- PRESS UPS
- STEP UPS
- TENNIS
- HANDBALL
- LUNGES
- GOLF
- BEACH WALK
- HULA HOOP
- NETBALL
- CATCH
- HIGH KNEES
- GYMNASTICS
- SNOOKER
- WASH A CAR
- FRISBEE
- HOP SKOTCH
- MARTIAL ARTS
- WALKING
- GARDENING

THE 50/50 CLASS CHALLENGE!

Work together as a class to:
Try **50** different foods. Complete **50** different physical activities. You can take part **at school or at home** — every try and every move counts!

Let's be brave, stay active, and show what teamwork can do. Can your class complete the challenge?



- CHICKEN
- STEAK
- KIWI
- RASPBERRIES
- TUNA
- AVOCADO
- PASTA
- LYCHEE
- RED ONION
- SWEETCORN
- RICE
- SPAGHETTI
- ORANGES
- BLACKBERRIES
- BROAD BEAN
- SPINACH
- PINEAPPLE
- BEETROOT
- GRANOLA
- GRAPEFRUIT
- EGGS
- MANGO
- SWEET POTATO
- LEEK
- CANNELLINI BEANS
- TOMATOES
- CAULIFLOWER
- RADISH
- KALE
- JACKET POTATO
- COURGETTE
- BREADSTICKS
- TURNIP
- GREEN BEANS
- BLUEBERRIES
- RUNNER BEANS
- MUSHROOM
- BLACK BEANS
- FALAFEL
- KIDNEY BEAN
- STRAWBERRIES
- BAGEL
- SQUASH
- RED PEPPER
- NOODLES
- MELON
- PLANTAIN
- CELERY
- PRETZEL
- OLIVES

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FOODS

