

A-Z School Games Challenge

X- X-Fit (CrossFit)

Challenge – The 2.6 Challenge

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkOut #StayHomeStayActive** and tag **@CWSchoolSport**

X-Fit (CrossFit) - 2.6 Challenge

CrossFit is a form of high intensity interval training (HIIT) and is a competitive fitness sport, practiced by members of over 13,000 affiliated gyms. Individuals complete daily workouts otherwise known as '**WODs**' or '**Workouts Of the Day**'.

For today's challenge, we would like you to come up with your own Workout Of the Day, based on the **2.6 challenge** that was recently launched by the **London Marathon** - created to ensure **UK charities** have the support they need to continue their incredible work, with thousands of people - nationally and internationally - getting involved. Here are a few ideas:

Running 2.6k
26 minutes of yoga
Juggle for 2.6 minutes
Cycle for 26 minutes
Skip for 30 seconds, 26x in a day
Jump over a towel 26x as fast as you can
Bounce your basketball 26 times
Play 26 games of Boccia
Dance for 26 minutes
Complete 26 keep-ups



the 2.6 challenge

Save the UK's Charities

Did you know:

The term 'marathon' originates in Greece, when a messenger ran from a battlefield in **Marathon** to Athens, roughly 26 miles away, to inform them of the defeat of the Persians. In his honour, the race was named after the location of the battle.

The 2020 London Marathon takes place in April every year and is one of many huge **fundraising events** in the UK. Thousands of fundraising events have had to be cancelled or postponed this year due to COVID19, which is having a devastating effect on **UK charities**.

In response to this, big events organisers across the country have come together to launch: **The 2.6 Challenge** - an opportunity for anyone to create a fundraising opportunity to raise money to save the UK's charities, using the '2' and '6' in the challenge title.

The challenge possibilities are endless, and it can be anything that works for you. It's an opportunity for people to; **get active, have fun and raise money for charities all over the UK.**

How many 2.6 Challenge ideas can you come up with?



For more information on The 2.6 challenge, take a look at the link below:

<https://twopointsixchallenge.justgiving.com>

FOLLOW, RETWEET, GET INVOLVED!