

**CAN YOU BEAT THE  
TEACHERS?**

**POST YOUR SCORES ON  
TWITTER OR TEAMS  
EACH DAY**

**TEACHERS SCORE WILL  
BE POSTED ON THE DAY  
OF THAT CHALLENGE.**

**MONDAY – 1 FOOT KEEPIE UPPIE CHALLENGE. USING ONLY ONE FOOT,  
WHAT IS YOUR HIGHEST SCORE? (YOU CAN USE A FOOTBALL OR  
TOILET ROLL)**

**TUESDAY- HOW LONG CAN YOU HOLD A PLANK POSITION FOR? BOTH  
ELBOWS MUST BE ON THE FLOOR.**

**WEDNESDAY- USING A BALL OR TOILET ROLL HOW MANY TIMES CAN  
YOU KEEP THE BALL OFF THE GROUND DOING THE FOLLOWING  
PATTERN (RIGHT ARM, LEFT ARM AND THEN BOTH ARMS AKA A DIG)**

**THURSDAY- KEEPIE UPPIES BUT YOU CAN NOT USE THE SAME FOOT  
TWICE IN A ROW. FOR EXAMPLE, YOU MUST USE LEFT FOOT THEN  
RIGHT FOOT THEN LEFT FOOT (FOOTBALL OR TOILET ROLL)**

**FRIDAY- \*REQUIRES A PHONE OR IPAD\* IN A PRESSUP/PLANK  
POSITION WHAT IS THE HIGHEST SCORE YOU CAN GET ON THIS  
FLAPPY BIRD GAME. CLICK THE LINK...**

**[HTTPS://WWW.INSTAGRAM.COM/A/R/?EFFECT\\_ID=50219959367  
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