HERTFORSHIRE'S 100 CHALLENGE

The Captain Tom Foundation

In memory of Captain Sir Tom Moore – Hertfordshire School Games Organisers challenge you to do 100!

100 Dance moves

100 Star Jumps

Can you complete 100 repetitions of any activity of your choice – either once a day or over the duration of a week.

100 laps of your garden

100 seconds of a gym balance

100 Lunges

100 keepie uppies

100 Stair Climbs

100 Keepie Uppies

Take a picture of you doing your 100 challenge and share it with your school or ask your parent to tweet @Herts_SGOs

Create your own 100 challenge

HERTFORDSHIRE SCHOOL GAMES

TEAM GB

ParalympicsGB

Department for Digital, Culture, Media & Sport

change 4 life

THE NATIONAL LOTTERY

SPORT ENGLAND

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