



WORLD CUP

Challenge

CELEBRATE THE FIFA WORLD CUP 2026 BY SEEING HOW MANY GOALS YOU CAN SCORE THIS SUMMER!

Take on our fun physical activity challenges throughout the holidays. Every challenge you complete earns you a goal or 2 and you can complete the same challenge as many times as you like! Colour in the footballs on the sheet below to help you keep track of your progress!



30 minute walk or jog



60 minute bike or scooter ride



Complete 20 minutes of Yoga/stretching



Complete 10,000 steps across the day



30 minute football skills/ practice



Try a new sport for the first time!



Visit a park and be active for 60 minutes



60 minutes of sport/physical activity of your choice!



Complete 6,000 steps across the day



Swim for 30 minutes



Get creative and make up a dance routine to perform!



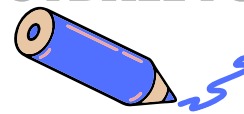
Have a screen free day!

The challenge runs from 9th July to 24th August email mkhan@southwigston.lwlat.org.uk with your total number of goals scored by the end of the summer holidays. Everyone who successfully reaches one of the 4 milestones will receive a certificate and be entered into a prize draw to win an Amazon voucher!



WORLD CUP Challenge

COLOUR IN A FOOTBALL FOR EVERY CHALLENGE YOU COMPLETE!



A grid of 30 soccer ball icons arranged in 5 rows and 6 columns. The first ball in the top row is labeled "START HERE". The fourth ball in the second row is labeled "15 GOALS". The eighth ball in the third row is labeled "10 GOALS". The second ball in the fourth row is labeled "20 GOALS".

HOW MANY GOALS WILL YOU SCORE?



World Cup Winner



Golden Boot Award



World Cup Hero



Hall of Fame Legend



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity