



• TESTLANDS •

50

THINGS TO DO BEFORE LOCKDOWN ENDS

DON'T FORGET TO
SEND US YOUR
CHALLENGES!

PLEASE EMAIL THEM TO
HOMELEARNING@TESTLANDS.COM

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COMPLETE A JOE WICKS WORKOUT | 
COMPLETE A CHORE AROUND THE HOUSE | 
GO FOR A WALK | 
FIND A POSITIVE NEWS HEADLINE | 
EXPLORE ON WHEELS | 
CREATE SOME WILD ART | 
CLIMB A HUGE HILL | 
READ A FULL BOOK | 
PLAY CATCH | 
GO WELLY WONDERING |
| 
KICK A FOOTBALL IN A GOAL | 
THROW A BALL IN A HOOP | 
PHONE A FRIEND | 
MAKE A SOCK PUPPET | 
CLIMB A TREE | 
EAT 5 LOTS OF FRUIT AND VEG | 
CREATE YOUR OWN PE ACTIVITY | 
LEARN YOUR FAVOURITE SONG | 
RUN OR WALK 1K | 
TRY SOMETHING NEW |
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RUN OR WALK 2K | 
MAKE AN ADULT BREAKFAST | 
RUN A MILE | 
COMPLETE A PUZZLE | 
DISCOVER MINI BEASTS ON A BUG HUNT | 
JUMP ACROSS A MUDDY PUDDLE | 
DRINK 5 CUPS OF WATER | 
BAKE A CAKE | 
WRITE A JOURNAL | 
COMPLETE A TESTLANDS COMPETITION VIDEO |
| 
LEARN A MAGIC TRICK | 
COMPLETE A TESTLANDS PHYSICAL ACTIVITY WORKOUT | 
SKIM A STONE | 
WATCH THE SUNSET | 
PLANT A FLOWER | 
LEARN PLEASE AND THANK YOU IN SIGN LANGUAGE | 
RUN OR WALK 3K | 
BUILD A DEN | 
MAKE A TIME CAPSULE | 
MAKE LEAF ANGELS |
| 
RUN OR WALK 4K | 
LEARN A NEW TIMES TABLE | 
TAKE A FAMILY PHOTO | 
BUILD A DEN | 
WRITE A STORY | 
CREATE A SUPERHERO | 
PLAY BOARD GAMES | 
ATTEND A TESTLANDS LIVE PE VIDEO | 
CREATE/ACT OUT A STORY | 
RUN 5K |