



# 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!

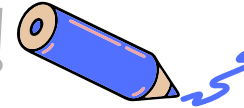
The challenge runs from 9th July to 24<sup>th</sup> August email [mkhan@southwigston.lwlat.org.uk](mailto:mkhan@southwigston.lwlat.org.uk) with your total number of goals scored by the end of the summer holidays. Everyone who successfully reaches one of the 4 milestones will receive a certificate and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



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COLOUR IN A FOOTBALL FOR EVERY CHALLENGE YOU COMPLETE!



START HERE

A grid of 30 empty football icons arranged in 5 rows and 6 columns. The icons are intended to be colored in as challenges are completed. Some icons have yellow text labels: 'START HERE' (top row, 1st icon), '15 GOALS' (2nd row, 4th icon), '10 GOALS' (2nd row, 9th icon), '20 GOALS' (3rd row, 2nd icon), '10 GOALS' (5th row, 1st icon), '15 GOALS' (5th row, 2nd icon), '20 GOALS' (5th row, 3rd icon), and '21+ GOALS' (5th row, 4th icon).

HOW MANY GOALS WILL YOU SCORE?

10 GOALS

World Cup Winner

15 GOALS

Golden Boot Award

20 GOALS

World Cup Hero

21+ GOALS

Hall of Fame Legend



South Leicestershire School Sports Partnership

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