



Football (Soccer)

Soccer activity – Passing

How many passes can you make in 60 seconds?

What to record and submit: Record the number of times you can pass a soccer ball between you and a partner in 60 seconds and that's your score. If you don't have a partner, you can kick the soccer ball against a wall.



Soccer activity – Heading

How many times can you headbutt the ball?

What to record and submit: Record the number of times you can headbutt the soccer ball between you and a partner in 60 seconds and that's your score. If you don't have a partner, you can headbutt the soccer ball back and forth against a wall.



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Soccer activity – Shooting

How many shots can you make out of 10 attempts?

Set up: Use 2 markers on the ground to create a goal. The markers should be about 2 metres (or 3 big steps) apart. Set up a ball about 5 metres (or 7 big steps) from the goal line. Take 10 shots at the goal with a soccer ball.

What to record and submit: Record the number of goals you make out of 10 attempts and that's your soccer shooting score.



Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by: wearing the right shoes, using the correct equipment, drinking water and staying hydrated, warming up and stretching properly, exercising in a safe area clear of any obstacles or items, maintaining COVID safety and social distancing rules.

Stop exercising and seek medical help if you experience symptoms such as: discomfort or severe pain, chest pain, shortness of breath, a rapid or irregular heartbeat.

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