



Ryedale and Whitby School Games Euro 2020 challenge



Challenge 1 - Steps challenge



The final of Euro 2020 will be played at Wembley Stadium.

Wembley Stadium holds 90000 spectators.

Can you complete 90000 steps over the 4 weeks (and a bit!) of the tournament?





Steps challenge



Use the tracker on the next page to help you record your steps.

If you have a step counter, you could use it to record your steps each day.

If not, please don't worry. 1 mile walked = approx. 2500 steps.

Or 25 minutes walking = approx. 2500 steps.





Euro 2020 steps challenge tracker



	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly total	Challenge total
Week 1 (starts Sat. 12 th June)									
Week 2 (starts Sat. 19 th June.)									
Week 3 (starts Sat. 26 th June.)									
Week 4 (starts Sat. 3 rd July)									

Use this chart to track your progress. Record the number of steps you – or your team – walk every day.

At the end of each week add up your weekly total and also the total number of steps achieved during the whole challenge.

Can you walk 90000 steps before the Euro 2020 final on Sunday 11th July?! Good luck!



Challenge 2 – Alphabet fitness challenge

Can you find out which teams are playing each day?

Each day, choose one of the teams and complete the exercises on the next page to spell the country.

If no matches are taking place, can you complete the exercises to spell England – or another country that you choose?!

Group A

Italy

Switzerland

Turkey

Wales

Group B

Belgium

Denmark

Finland

Russia

Group C

Austria

Netherlands

North Macedonia

Ukraine

Group D

Croatia

Czech Republic

England

Scotland

Group E

Poland

Slovakia

Spain

Sweden

Group F

France

Germany

Hungary

Portugal



Challenge 2 – Alphabet fitness challenge

A – 3 Star Jumps

B – 5 Floor Sprints

C – 5 Star Jumps

D – 4 Squats

E – 10 Sit & Reach

F – 5 Arm Circles (Forward & Backwards)

G – 3 Push Ups

H – 10 Squats

I – 20 Sit & Reach

J – 5 Standing Mountain Climbers

K – Pretend to skip for 20 secs

L – 10 Frog Jumps

M – 5 Lunges



N – 20 Star Jumps

O – 5 Push Ups

P – 5 Lunges

Q – 10 Star Jumps

R – 10 High Knees

S – 10 Floor Sprints

T – 3 Burpees

U – 5 Frog Jumps

V – 5 Calf Raises (on your tip toes)

W – 5 High Knees

X – 10 Arm Circles (Forwards & Backwards)

Y – 5 Burpees

Z – 10 Standing Mountain Climbers





Would you like an extra challenge? This one isn't physical!!



International sports events are a great opportunity to learn about other countries.
Choose a country playing in the tournament.

Can you answer the questions below:

1. What is the capital city of the country?
2. What is the currency of the country?
3. Who is the captain of the team?
4. Which club team does he play for? (E.g. Liverpool)



Finally – can you draw the flag of the country you have chosen?