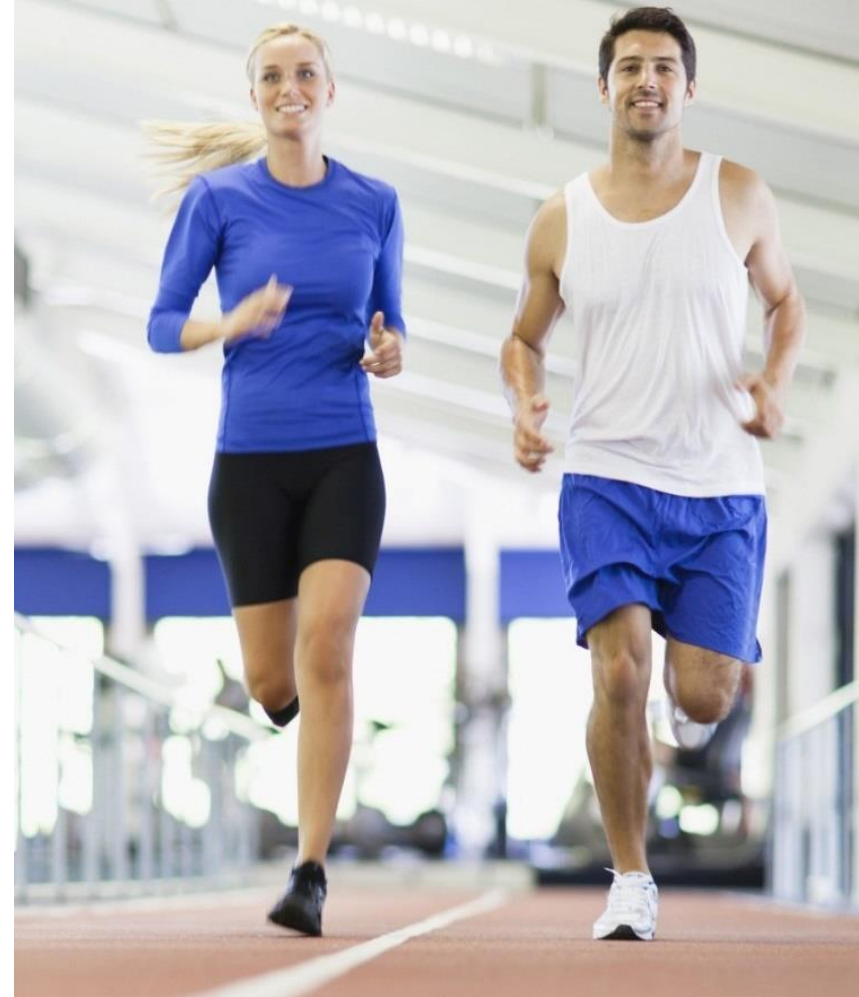




Corby Business Academy



ACTIVITY TIMETABLE FOR NO SCREEN DAY

CORBY BUSINESS ACADEMY



YOUR ACTIVITY SCHEDULE- FRIDAY 12TH FEBRUARY

10:10-10:15am

- [Tea Cup Challenge](#)

11:10-11:15am

- [SOUPerbowl](#)

12:25-12:30pm

- [Toilet Roll Catch](#)

1:25- 1:30pm

- [Balance the Toilet Roll](#)

1:30-
2:00pm

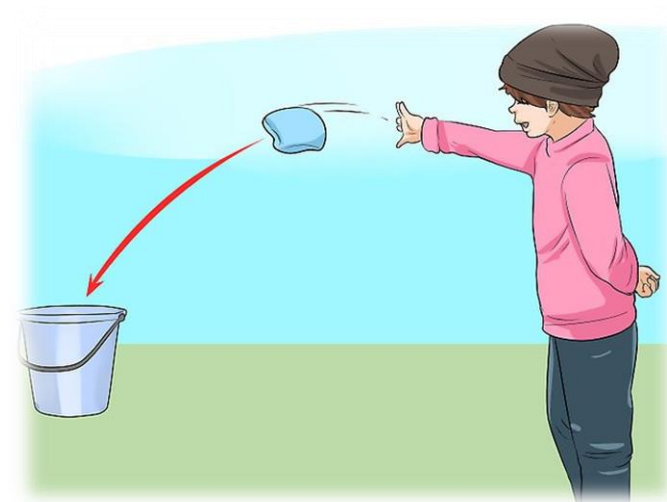
- [Flip the Bottle Fitness](#)



10:10-10:15am Tea Cup Challenge

Challenger Status

1. 3 large steps away from target (3-4m away)
2. Face towards target
3. 5 attempts at landing as many tea bags in the mug as possible (or rolled up paper)



Legendary Status

1. 3 large steps away from target (3-4m away)
2. Turn around to face opposite direction (back to the mug)
3. 5 attempts at landing as many tea bags in the mug as possible (or rolled up paper)



Click here to log your activity minutes



Click here to log your activity minutes 

11:10-11:15am SOUPerbowl

Challenger Status

1. Position two tins (or any other item) 2 hand widths apart at a distance of 4-5m away.
2. Using an orange (tennis ball or toilet roll) attempt to roll the item through the gate.
3. The highest score is the most amount of successful rolls in 30 seconds.

Legendary Status

1. Position two tins (or any other item) 1 hand width apart at a distance of 4-5m away.
2. Using an orange (tennis ball or toilet roll) attempt to roll the item through the gate.
3. The highest score is the most amount of successful rolls in 30 seconds.





12:25-12:30pm Toilet Roll Catch

Challenger Status

1. Hold the toilet roll in two hands.
2. Throw up in the air, rotate 180 degrees and catch it behind your back
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.

Legendary Status

1. Hold the toilet roll in two hands.
2. Throw up in the air and catch it behind your back whilst facing the same direction
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.





1:25-1:30pm Balance the Toilet Roll

Challenger Status

1. Position a toilet roll on the top of your head.
2. Whilst keeping the toilet roll steady, move down towards the ground ensuring you are in the press up position.
3. Return to standing position.
4. Using a timer, complete this as quickly as possible.



Legendary Status

1. Position a toilet roll on your forehead
2. Whilst keeping the toilet roll steady, move down towards the ground ensuring your back is in contact with the floor.
3. Return to standing position.
4. Using a timer, complete this as quickly as possible.



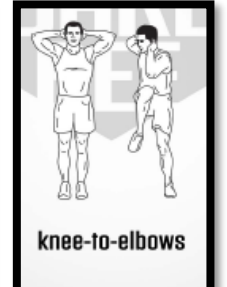
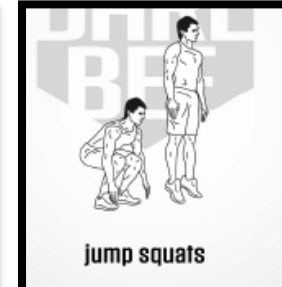
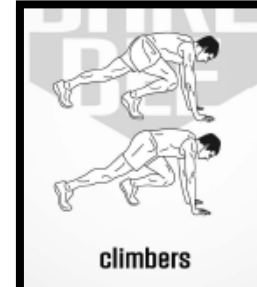
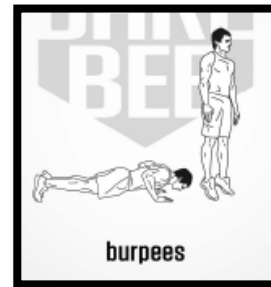
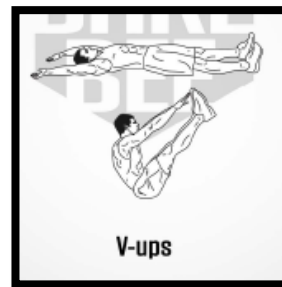


1:30-2:00PM FLIP THE BOTTLE FITNESS

You need a 1/3 filled 500ml water bottle.

To finish your work out you need to achieve **5 successful** bottle flips.

You can only attempt **one** bottle flip after completing 15 reps of one of the below exercises:



After every bottle flip attempt you must complete another exercise. You need to keep going until 5 successful bottle flips have been completed.



Click here to log your activity minutes

REMEMBER TO LOG YOUR ACTIVITY MINUTES:



JUST CLICK THE PICTURE!