

1

WOULD YOU RATHER?

Climb a mountain in the snow

Climb a sand dune in the sun

Do five sit-ups

Do five star jumps

3

WOULD YOU RATHER?

Sail a yacht in a storm

Do a parachute jump

Do five push-ups

Run on the spot for fifteen seconds

4

WOULD YOU RATHER?

Go rock climbing

Go caving underground

Jump on the spot for fifteen seconds

Jump as high as possible three times

7

WOULD YOU RATHER?

Ride a unicycle

Ride a tandem bike

Five tuck jumps

Plank hold on hands or elbows for fifteen seconds

2

WOULD YOU RATHER?

Swim to France with no goggles

Run a marathon with no trainers

Ten hops left leg, ten hops right leg

Five air squats

5

WOULD YOU RATHER?

Compete in the Olympics

Commentate on the Olympics

Two footed jump as fast as possible three times

Lie down on your back and get up five times

6

WOULD YOU RATHER?

Dance on the stage for the Queen

Compete on 'Strictly Come Dancing'

Skip on spot for fifteen seconds

Lie on tummy and stand up five times

8

WOULD YOU RATHER?

Stand still all day

Not speak all day

Balance on left foot for fifteen seconds

Dish hold for fifteen seconds