

## WEEKLY CHALLENGES

1. Complete 200 star jumps throughout the week (not all in one go!)
2. Go to your local park. Go on each piece of equipment at least once.
3. How many hops can you do before putting the other foot down?
4. Make up a brain gym routine/dance to show to your class.
5. Go to a sports centre and do an activity there e.g swimming, softplay
6. How many skips can you do without stopping? Keep practising!
7. How many times can you throw and catch a ball without dropping it?
8. Play at least 2 of this games sometime this week - hopscotch, What's the time Mr Wolf? Creep mouse, Tag
9. See how far you can ride your bike/scooter in 3 minutes. Try again and see if you can go even further.
10. Work with a partner. How many times can you throw the ball to each other without dropping it?
11. Jump round the outside of the playground 20 times (not all in one go!)
12. Go for a long walk with at least one member of your family.
13. Bring in a picture/photo of you doing something active at home.
14. How many times you can walk round the playground on stilts without falling off?
15. Create an obstacle course with your friends.
16. Walk to school at least 3 times.
17. Make up a game to play with your friends in the playground.
18. How many 'keepy uppys' can you do in a row? Keep practising!
19. Find out how many different ways you can balance using 3 parts of your body.
20. Try an activity/play a game you have never done before.