



Active at home challenges: try to do at least one challenge every day or as many as you can manage. Check with an adult that you have a safe space to move in, all challenges can be done with things you will find around your house.

Remember to keep active, keep improving and keep smiling!

- 1. Go figure:** Standing with your legs apart, make a figure of 8 with the ball by moving it around one leg with one hand and then the other leg with other hand, every time you complete a figure of 8 you get one point. You have 30 seconds: make it easier by using a teddy bear and harder by using a ball.
- 2. Balancing act:** Throw a soft ball or a pair of socks above your head, lean forwards and try and catch it on your back. Make it harder: use a smaller ball.
- 3. On Target:** Place three targets on the floor in a line, one step away from each other. Using a small object can you throw the object and hit the first target? When you have hit the first target, only then can you move onto the next target. How many throws does it take to hit all three targets? Repeat with your other hand!
- 4. Keep it up:** Use a small ball, rolled up socks or screwed up paper. Can you use your hand, a book, a racket or anything with a flat surface to see how many times you can bounce the ball on your racket in 30 seconds? Try again holding the racket in your other hand.
- 5. Scavenger hunt:** Write your name on a piece of paper. Can you find something in your house that begins with each letter of the word? How fast can you do this? Choose another family member name and try again.
- 6. Toe taps:** complete as many Toe Taps as you can in in 30 seconds. Easier: Use a pair of socks as they won't move. Starts with one toe on top of the ball or pair of socks. Switch between your right and left foot quickly, be light on your feet. Challenge a family member to beat your score.
- 7. Want to do more?** Try an online active challenge from [this is PE](#), or dance with Disney [Change 4 Life](#).

Week 3



Tweet us @LeedsActiveSchls to share your attempts!