



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. **Can you Catch it:** Throw a ball into the air, touch your head before catching it. Next time throw the ball up, touch your head then shoulders before catching the ball. How far can you get – head, shoulders, knees and toes before the ball is not caught?
- 2 **Speed bounce:** place a piece of string or sock on the floor and jump over it side to side. Count how many bounces in 20 seconds, in 30 seconds. Record and try and beat your score next time.
3. **On Target:** Make a skittle target using empty plastic bottles or lego figures. Take 3 steps back from the target, and with a ball or a pair of rolled up socks – aim and throw underarm to knock them down. Make it harder by taking more steps backwards.
4. **Round the world:** pass a ball or rolled up pair of socks around your waist from one hand to the other. How many times can you pass the ball round in 30 seconds? How many times in one minute?
5. **Scavenger hunt:** chose a starting point and return all items to this point, collecting one at a time. Start your timer and collect items that are the colour of the rainbow: red, orange, yellow, green, blue, indigo (purple). How long did it take? Challenge a family member to beat your time!
6. **Balancing Act:** Balance a pair of socks on your head. Walk from one room to another. Can you walk upstairs without them falling?
7. **There is more:** Try an online active challenge such as [this is PE](#), or [cosmic kids yoga](#).



Tweet us [@LeedsActiveSchls](#) to share your attempts!