



Active Challenges

- Try to do at least one challenge every day or as many as you can manage.
- Check that you have a safe space to move in.
- All challenges can be done with simple equipment.
- Remember to keep active, keep improving and keep smiling!

1. **Go figure:** Standing with your legs apart, make a figure of 8 with an object/ 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 larger object and harder by using a smaller one .
- 2 **Balancing act:** Throw a soft ball or a rolled up bib above your head, lean forwards and try and catch it on your back. Make it harder: use a smaller/ rounder object.
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 bib 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 object 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 that begins with each letter of the word within the space you have? How fast can you do this? Choose a friend's name and try again.
6. **Toe taps:** Starts with one toe on top of a ball or rolled up bib. Complete as many toe taps as you can in 30 seconds. Switch between your right and left foot quickly and be light on your feet. Easier: Use a bib as it won't move. Challenge a friend to beat your score.
7. **Want to do more?** Try an online Disney Dance-Along [Change 4 Life](#).



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