

# ACTIVE HOME WEEK – THE DAILY CHALLENGE

As part of Active Home Week we have set out a daily challenge for you all to try. Send us in a photo or a video of you completing the challenge to help us create our Active School Video! We look forward to seeing lots of active bodies! Good luck and have fun!

## Move it Monday

### **Movement Breaks!**

Move your body any way you like. Why not dance to your favourite song or try out some of your gymnastic moves that Kate taught you!

*Take a picture/video of your favourite move and send it in!*

## Try it Tuesday

### **Keepy Uppy Challenge!**

Grab a ball or a toilet roll and see how many keepy uppys you can do in a row. If that is too tricky then you could see how many solos you can do in 20 seconds! Good luck!

*Take a picture/video of yourself doing it and send it in!*

## Walk it Wednesday

### **Walk, Run Cycle or Scoot!**

Go for a walk, run, cycle or scoot with your family! Remember to stay within your 2km radius!

*Take a picture of what you got up!*

## Team Thursday

### **Create an Obstacle Course!**

Work as a team and create your very own family obstacle course, indoors or outdoors! Grab things around the house that you could use. You could try and dodge around the toys, hop over a bucket, crawl under a chair, jump on the trampoline, slide down the slide, throw the ball into a bucket, etc! The possibilities are endless.

*Take a picture/video of your obstacle course!*

## Fit Friday

### **Exercise Circuit!**

Complete the 10 - 1 exercise circuit. Why not try to get your family to join in too! Start with: 10 Jumping Jacks, 9 Squats, 8 frog leaps, 7 single leg hops, 6 high knees, 5 hip bridges, 4 sit ups, 3 air punches, 2 lunges and finish with 1 press up.

Repeat the circuit as many times as you like! You can mix and match the exercises too!

*Take a picture/video of you completing your exercises!*