



# Half-term Active Challenges

## How many can you complete?



Play Rock/Paper/Scissors – Work!

Help to make the family meal

Complete a Joe Wicks kids workout (You could do it in fancy dress?)

Teach yourself a new sporty skill! (A trick in football or basketball? Maybe learn to bowl in cricket)

Play Simon Says with someone

Ride a bike/scooter 3 times!

Build a den using sticks and leaves

Go to the park and go down a slide!

Create a picture using Autumn leaves and conkers!

Wrap up warm and go for a picnic!

Listen to a long story

Get better at riding a bike or scooter!

Jog for 5 minutes without stopping/walking (This doesn't have to be at your house!)

Spend a **whole day** without looking at a screen! (Phone/TV/Tablet etc)

Draw a picture of you doing something you love!

Design your own obstacle course and convince somebody to join in with you!

