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Personal Challenge 1

Step Ups

How many
step ups can
you do in 1
minute?

Equipment
- Stairs or a
chair or a
box
- Timer

Record your score and try to beat it another time.
Can you beat it by more than 5?

Personal Challenge 2

Clap Catch

How many times can you clap before you catch?

Equipment
- A ball or pair of socks rolled up or a toilet roll

Record your score and try to beat it another time.
Can you beat it by more than 5?

Personal Challenge 3

Round The Body

How many times can you pass something around your tummy in 30 seconds?

Equipment

- A ball or pair of socks or toilet roll.
- Timer

Record your score and try to beat it another time.
Can you beat it by more than 5?

Personal Challenge 4

Kick Ups

How many times can you kick the ball up?

Easier - add a bounce

Harder - arms behind your back

Equipment
- A ball or toilet roll or socks

Record your score and try to beat it another time.
Can you beat it by more than 5?

Weekend Challenge A-Z of Outdoors

Explore the great outdoors on a walk and try to find something beginning with every letter of the alphabet

Record your findings - take a picture, make a list or a poster

Can't get outside - can you find things in your house or garden

Remember to maintain Social Distancing and only go out for one daily exercise