

Key Stage 1

Home Learning Pack

Weekly Physical Activity Challenges

Why not print off the activity sheet and place it on your fridge!

Take part in these fun personal challenges that you can do on your own or with members of your family at home.

Have fun, stay safe, and remember to try your best!

Challenge	Score	Comments
1. Speed bounce – how many times can you jump over a pair of socks?		
2. Design a poster about a famous sports person.		
3. Keep a balloon in the air by kicking, heading or hitting it for 5 minutes.		
4. Play a game of Simon Says.		
5. Have an egg and spoon race with your family.		