

## 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. Climb a big hill.		
2. Go for a jog with an adult for over 7 minutes.		
3. Learn how to ride your bike.		
4. Learn about a new sport.		
5. See how many times you can skip using a skipping rope. (If you don't have one bounce on the spot).		