

## 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. Invent your own outdoor game with rules.		
2. Make a picture using healthy food only.		
3. See how many burpees you can do in one minute.		
4. Sprint for two minutes around your garden (no stopping!)		
5. Football shape circuits. Dribble a ball in a circle, triangle, rectangle, square and pentagon.		