

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. Bounce, balance and kick a ball 10 times.		
2. Play a board game with your family.		
3. Learn a new dance.		
4. Clap as many times as you can in 30 seconds.		
5. Create your own game with a tennis ball.		