

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. Take a long walk with your family for over 30 minutes.		
2. How many times can you throw and catch a ball against a wall in 1 minute?		
3. Make fruit kebabs using 3 different fruits.		
4. Complete 30 star jumps every morning for a week.		
5. Try some fruit or a vegetable that you have never tried before.		

6. Speed bounce – how many times can you jump over a pair of socks?		
7. Design a poster about a famous sports person.		
8. Keep a balloon in the air by kicking, heading or hitting it for 5 minutes.		
9. Play a game of Simon Says.		
10. Have an egg and spoon race with your family.		
11. Climb a big hill.		
12. Go for a jog with an adult for over 7 minutes.		
13. Learn how to ride your bike.		
14. Learn about a new sport.		
15. See how many times you can skip using a skipping rope. (If you don't have one bounce on the spot).		
16. Invent your own outdoor game with rules.		
17. Make a picture using healthy food only.		
18. See how many burpees you can do in one minute.		

19. Sprint for two minutes around your garden (no stopping!)		
20. Football shape circuits. Dribble a ball in a circle, triangle, rectangle, square and pentagon.		
21. Bounce, balance and kick a ball 10 times.		
22. Play a board game with your family.		
23. Learn a new dance.		
24. Clap as many times as you can in 30 seconds.		
25. Create your own game with a tennis ball.		