

## Key Stage 2

# 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 60 minutes.		
2. How many times can you throw and catch a ball against a wall in 3 minutes?		
3. Make fruit kebabs using 5 different fruits.		
4. Have a zoom call with a school friend.		
5. Climb a big hill when on a walk with your family.		