

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. Football circuits. Dribble a ball in a heptagon, dodecagon, octagon, square and nonagon.		
2. Play a game of rock, paper, scissors.		
3. Make fruit kebabs using 5 different fruits.		
4. Learn a new trick.		
5. Run for 5 minutes around your garden (no stopping!)		