

# 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. Complete 60 star jumps every morning for a week.		
2. Try a fruit or vegetable you have never tried before.		
3. Bounce, balance and kick a ball 30 times.		
4. Take part in a fun outdoor sporty game.		
5. Learn a new dance routine and ask your parents to join in.		