



# Challenge Cards

VIRTUAL CHALLENGE WEEK 2021

**MONDAY // MOVEMENT**

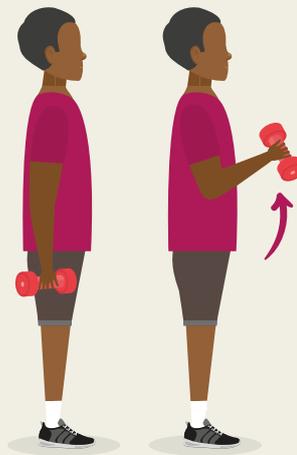
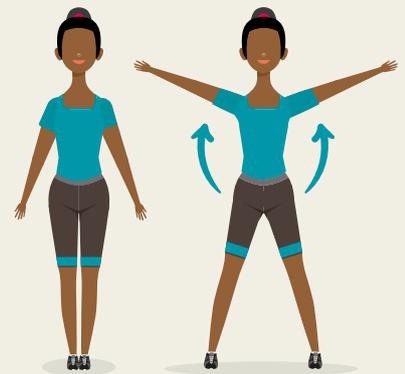
**ACTIVITY: 1 MINUTE WORKOUT!**

## INSTRUCTIONS:

1. Make some space.
2. Do the exercises shown below in order, pick a level that makes you comfortable.
3. Do each exercise for 15 seconds! If you need a rest after each exercise take as long as you like.
4. Count how many of each exercise you can do! Remember to tell your team leader the total amount!

## WHAT CAN I USE?

Weights | Tins of food | Books



## EXERCISES:

- Squats (Orange)
- Star jumps (Green)
- Arm curls (Red)
- Shoulder press (Blue)

### LEVEL 1

All of the exercises are done sitting on a chair using the upper body. For example, squats can be done by putting your arms down to your side and back up.

### LEVEL 2

A mix of standing and sitting. For example the squats can be done by sitting down into a chair and back up. The arm exercises can be done sitting down.

### LEVEL 3

All of the exercises are done standing with a heavy object in each hand.



# Challenge Cards

## TUESDAY // THROWING

## ACTIVITY: HIT THE TARGET!

### INSTRUCTIONS:

1. Make some space.
2. Find an object big enough to throw something into. This will be your target.
3. Find a safe object to throw. Make sure it is smaller than your target and will not break when you throw it!
4. Pick the level that makes you feel comfortable and walk 2, 5 or 10 steps away from the target.
5. Try it 10 times, your score is how many times you get the object into the target.

### SCORE:

How many times did you do it? Remember to tell your team leader!

### LEVELS:

LEVEL 1

2 steps away

LEVEL 2

5 steps away

LEVEL 3

10 steps away

### WHAT CAN I USE?

#### Object:

Ball  
Socks  
Scrunched up paper

#### Target:

Laundry basket  
Empty dustbin  
Cardboard box  
Deep saucepan





# Challenge Cards

WEDNESDAY // HITTING

ACTIVITY: KEEP IT UP!

## INSTRUCTIONS:

1. Make some space.
2. Find a flat object you can use to hit another object up in the air.
3. Find a different object that you will be able to hit up in the air.
4. Use your flat object to hit the second object up in the air - see how many times you can hit it in 10, 30 or 60 seconds, whichever makes you comfortable.
5. Count how many times you can hit it in the time! If it falls to the floor pick it up and carry on!

## SCORE:

How many times did you hit it?  
Remember to tell your team leader!

## LEVELS:

LEVEL 1

10 seconds

LEVEL 2

30 seconds

LEVEL 3

60 seconds

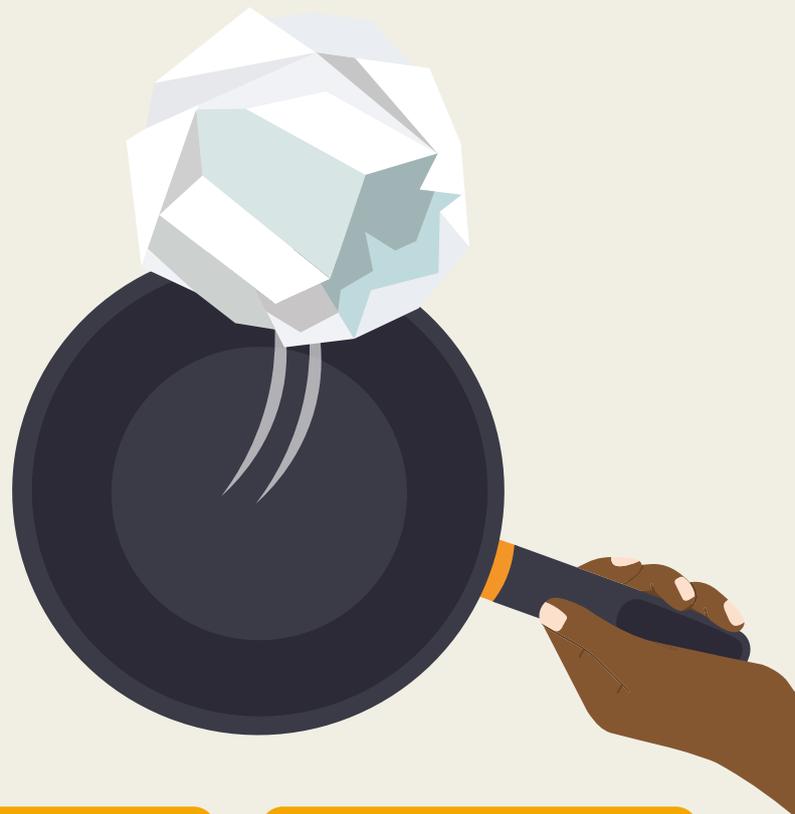
## WHAT CAN I USE?

### Flat objects:

Sports racquet  
Book  
Frying pan  
Your hand

### Object:

Ball  
Socks  
Scrunched up paper  
Balloon





# Challenge Cards

THURSDAY // KICKING

ACTIVITY: SCORE A GOAL!

## INSTRUCTIONS:

1. Make some space.
2. Find two objects from around your house and place them on the floor, two steps apart from each other. This will be your goal.
3. Find another object you will be able to kick into the goal. Make sure it is not too heavy or you could hurt yourself!
4. Pick the level that makes you feel comfortable and walk 2, 5 or 10 steps away from the goal. Try and kick your object into it.
5. Try it 10 times. Your score is the total number of times you get your object into the goal.

## SCORE:

How many times did you do it?  
Remember to tell your team leader!

## LEVELS:

LEVEL 1

2 steps away

LEVEL 2

5 steps away

LEVEL 3

10 steps away

## WHAT CAN I USE?

### Goal:

Pair of shoes  
Food tins  
Books  
Chairs

### Object:

Ball  
Socks  
Scrunched up paper

