



Challenge Cards

MONDAY // MOVEMENT

ACTIVITY: 1 MINUTE WORKOUT!

WHAT CAN I USE? Weights | Tins of food | Books



1. Speed Bounce

Make sure you have space around you. Put a book or a flat object down on the floor.

Jump or step over it making sure you bend your knees when you land.

Do as many as you can in 30 seconds.

3. Squats

See how many squats you can do in 30 seconds!

This can be done standing, or getting in and out of a chair, or by raising your arms and then putting them down by your side.



2. Shuttle Runs

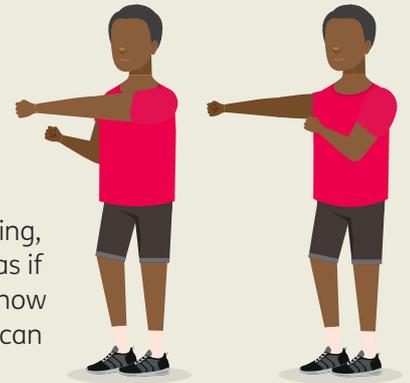
Place two objects 3 big steps apart. Move between the two objects as fast as you can, touching the object each time.

Do as many as you can in 30 seconds and count how many you do!



4. Boxing

Either standing or sitting, throw your arms out as if you were boxing. See how many "punches" you can do in 30 seconds!



LEVEL 1

Careful movements. For example walking instead of running and sitting down for the boxing.

LEVEL 2

A mix of movements, for example stepping instead of jumping and sitting into a chair for the squats.

LEVEL 3

All of the exercises done with high intensity.

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: HOLE IN ONE!

INSTRUCTIONS:

1. Make some space.
2. Find a flat object you can use to hit another object.
3. Find a deep pan or basket that will be your “hole”. Put it on the floor and turn it on it’s side so the “hole” is facing you.
4. Find a softer object or ball that you will hit towards the “hole”. This will be your “ball”.
5. Move 3 steps away from the “hole”. Using the flat object, hit the “ball” trying to get it into the “hole”. Try 10 times and record how many times you get it in!

SCORE:

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

LEVELS:

LEVEL 1

Don't use the bat! Roll the object towards the target.

LEVEL 2

Put the object on the floor and hit it towards the “hole”.

LEVEL 3

Hold the “ball” in your hand, drop it and hit it towards the “hole” like a tennis shot.

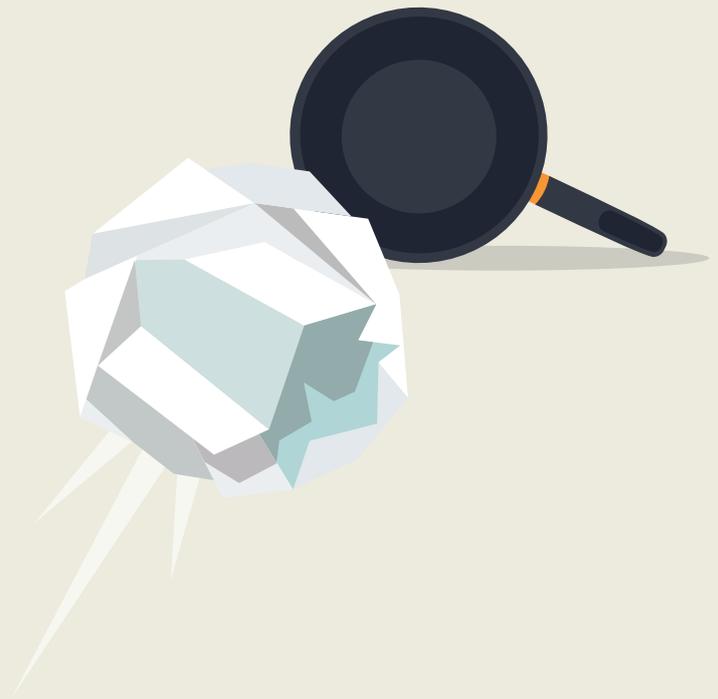
WHAT CAN I USE?

Flat objects:

Sports racquet
Book
Frying pan
Your hand

Object:

Ball
Socks
Scrunched up paper
Balloon





Challenge Cards

THURSDAY // KICKING

ACTIVITY: FOOTBALL LADDER!

INSTRUCTIONS:

1. Make some space.
2. Find five objects from around the house and place them in a straight line in front of you, each one about half a step apart.
3. Find another object you will be able to kick. Make sure it is not too heavy or you could hurt yourself!
4. Pick the level that makes you feel comfortable and walk 1, 3 or 5 steps away from the first object. Put the object on the floor, and kick it towards the first object in the line!
5. Once you have hit the first object, move it out of the way. Then aim for the second object, and third and so on. Your score is how many of the objects you have hit after 10 tries.

SCORE:

How many did you hit?

LEVELS:

LEVEL 1

1 steps away

LEVEL 2

3 steps away

LEVEL 3

5 steps away

WHAT CAN I USE?

Goal:

Pair of shoes
Food tins
Books

Object:

Ball
Socks
Scrunched up paper

