

Activity 1

Frog jumps

How to do a bunny hop:
Start down in a leap frog position
You should jump up using the power from
your legs.

You should jump straight up and then back down in the
Same position you started.

Now try to do 10 frog jumps:
How far did you travel?
How high did you jump?
Can you jump higher or faster
than someone in your family?



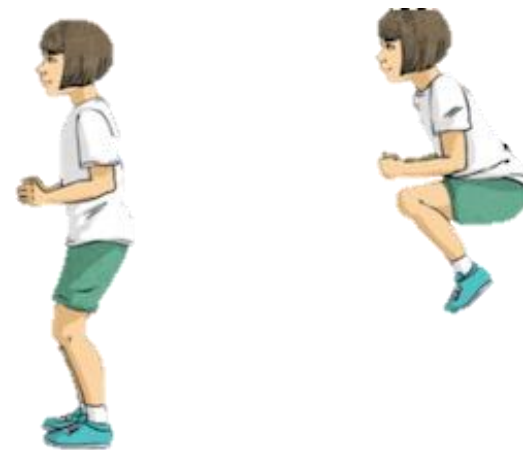
Activity 2

Tuck Jumps

How to do a tuck jump:
Start by standing straight up
Jump up and bring your knees to your chest
Then land back down with 2 feet shoulder width
apart

Now try to do 10 tuck jumps:
How high did you jump?
How fast can you do it?

Challenge:
How many jumps can you do in
30 seconds?



Activity 3

Step ups



How to do a step up:
Using your stairs or a step outside
With both feet one at a time step up
Making sure that your full foot is on the step
Once you've done this step back down
And repeat

Now try and do 10:

How fast can you do them?

Can you do them faster than a family member?

Challenge:

How many step ups can you do in 30 seconds?

Activity 4

Shuttle runs



How to do shuttle runs:
Get cans or bottles from around your house
Set them up in a line with a good space between them
and find a starting point
You start by running to the first bottle then back
Then keep repeating this till you get to the last bottle

Now try 3 shuttle runs:
How fast can you do them?

Challenge:
Try and race a family member and see who can do it the quickest?

Activity 5

Star Jumps

How to do a jumping jack:
Starting by standing straight up
Then jump stretching out your arms and legs like a BIG star
Once done now repeat

Now try 10 star jumps:
How fast can you do them?
How many can you do in 30 seconds?

Challenge:

Try and race your family and see how many they can do in 10 seconds!



Activity 6

Hop Skip and Jump

How to do a hop, skip and jump:
You start off with a hop as far as you can
Then as if you were skipping just do 1 of these!
Then once you've done that put both feet together
jump as far as you can swinging your arms to help!

Now try 3 of these:

How far can you get? (Remember to measure!)

Can you beat your family?

Challenge:

Can you practice everyday and beat your family?



Activity 7

Hoping obstacle course



How to do this:
Get everyday items; shoes, tin cans, toilet paper!
Set them up spaced out from each other but not
in a straight line!
Now make a starting line and try and hop on one foot!

Now try:

Timing yourself to see how fast you can do it!

Racing your family around the course

Or even getting to the end and changing foot on the way back!

Who can do it the fastest in your family?

Activity 8

Sock throwing challenge



How to do this:

You need to get a pair of socks and fold them into a ball!

Then grab 3 or how many pots/tubs (anything you can throw something in) and set them up a distance away from each other!

Start at the line and try to throw the socks in the tub!

Now try:

Giving each tub a different amount of points and try to get more points than a family member!

Challenge:

Try throwing the socks with your opposite hand and see how many points you get!

Activity 9

News paper keepie uppies



How to do this:

You need to grab a couple of sheets of newspaper and crumble them into a ball!

Once you have done this you are going to throw the newspaper up and try and keep it up, using both hands!

Now try:

Can you keep it up by just using one hand? Or even your non-writing hand?

Can you do it with 1 hand behind your back?

Challenge:

Try challenge a family member to see who can get the most!

Activity 10

Coordination test



How to do this:

Get 4 different everyday household items
Place them in a diamond shape a good distance
away from each other!

Then you should stand in the middle on 1 leg!
Then someone is going to say an item and you have to
bend down and touch the top but keeping your balance!

Now try:

Changing what let you are standing on!

Or even memorise where each item is and close your eyes!

Challenge:

Challenge a family member and see who can touch all 4 the fastest!