

Northamptonshire Sport Home Activity Challenge

Choose activities from the grid to keep yourself active. How many can you tick off? Take photos of you doing them.

1. Put on Go-Noodle on the internet and follow the activity in the video.	2. Put music on and have a kitchen disco.	3. Stair challenge; how many step ups can you do in 1 minute? How many times can you climb you stairs in 1 minute?	4. Make yourself an obstacle course and time yourself. Try to improve your time!
5. Be a sports leader- teach a sibling how to do a skill you learnt at school.	6. Do a skipping challenge; how many skips can you do in a row? Can you skip backwards? Can you cross skip? Can you skip on one leg?	7. Target practice; draw a target on the floor with chalk and throw scrunched up paper onto the target.	8. Hula-hooping; can you hula-hoop around your waist/arm. Can you roll it in a straight line?
9. Go for a walk/ run and look at the number of steps you do.	10. Have a go at doing yoga, using a video on the internet.	11. Be a personal trainer, put together a work out for a sibling or adult.	12. Learn to juggle.
13. Ride your bike! Set up a course around the garden.	14. Learn how to play a disability sport; sitting volleyball with a balloon, Boccia with scrunched up paper, slide plastic plates along like New Age Kurling.	15. Set yourself a personal challenge of the day; e.g. balance on 1 leg, sit up, plank – can you perform for one minute?	16. Play games in the garden; hide and seek, capture the flag, 40/40 home.
17. Hold a mini sports day with different races- running, jumping, egg and spoon.	18. Practise skills from your favourite sport; hitting tennis balls against the wall, keepie uppies for football or shooting for basketball.	19. Make up a new game and play it with your siblings/ parents.	20. Create a dance/ gym routine to your favourite song.

Good luck with participating in the challenges! Enjoy being active at home!