

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 |
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| 1. Take a long walk with your family for 60 minutes. | | |
| 2. How many times can you throw and catch a ball against a wall in 3 minutes? | | |
| 3. Make fruit kebabs using 5 different fruits. | | |
| 4. Have a zoom call with a school friend. | | |
| 5. Climb a big hill when on a walk with your family. | | |
| 6. Football circuits. Dribble a ball in a heptagon, dodecagon, octagon, square and nonagon. | | |

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| 7. Play a game of rock, paper, scissors. | | |
| 8. Make fruit kebabs using 5 different fruits. | | |
| 9. Learn a new trick. | | |
| 10. Run for 5 minutes around your garden (no stopping!) | | |
| 11. Keep a balloon in the air by kicking, heading or hitting it for 10 minutes. | | |
| 12. Make a poster about a famous sports person. | | |
| 13. Create a game with a tennis ball, plant pot and one other item. | | |
| 14. Throw a ball against a wall and catch it 15 times in a row without dropping it. | | |
| 15. Go for a jog with your parents for over 20 minutes. | | |
| 16. Complete 60 star jumps every morning for a week. | | |
| 17. Try a fruit or vegetable you have never tried before. | | |
| 18. Bounce, balance and kick a ball 30 times. | | |
| 19. Take part in a fun outdoor sporty game. | | |
| 20. Learn a new dance routine and ask your parents to join in. | | |

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| 21. Make fruit kebabs with 5 different fruits included. | | |
| 22. Make smoothies with your family and try them all! | | |
| 23. Create an assault course in your garden and see who can complete it in the fastest time. | | |
| 24. Jump challenge – do double foot jumps for 4 minutes. | | |
| 25. Name 5 sporting role models, without using Google. | | |