

KEEPING FIT & HEALTHY AT HOME

Challenge 1



Rolled up sock throw.

Roll up a pair of socks and throw them in the air, getting as close to the ceiling as possible, without hitting the ceiling and catching it with both hands on the way down.

How many can you catch?

To easy? Catch the socks with one hand or your weaker hand. How many did you do?

Challenge 2



Leg balance.

How long can you hold a balance for on one leg? Try and add 5 seconds each time you try. Which leg is the strongest, left or right?

Challenge 3



Speed bounce.

How many sidesto side jumps can you complete in 1 minute. See how much you improve each time.

Challenge 4



Boxercise.

Design your own boxing workout. Plan a 5/10-minute shadow boxing workout that will get your heart pumping.

Challenge 5



Yoga workout.

Design your own yoga/stretching routine. Focus on your breathing to help you relax.

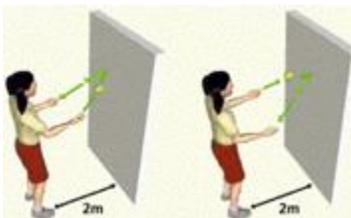
Challenge 6



Plank.

How long can you hold a plank for? See how you improve over several days.

Challenge 7



Alternate Wall Toss.

How many times can you throw and catch a ball/rolled up socks against a wall without dropping it? Then try one hand only.

Challenge 8



Teach yourself to juggle.

Teach yourself to juggle using 2 then 3 balls/rolled up socks. Do some research for good techniques. Get the whole family involved.

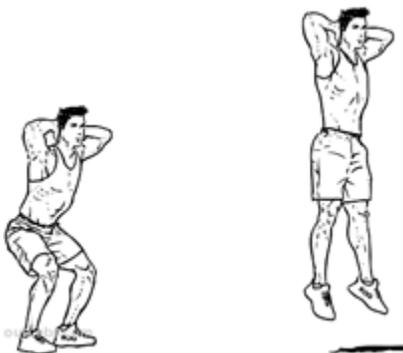
Challenge 9



Tenpin bowling.

Get 10 empty bottles/cans etc and stand them up in a triangle formation. Roll a ball at them and see if you can get a strike. Who gets the most?

Challenge 10



Squat Jumps.

How many squat jumps can you do in 1 minute? See how much you improve each time you do it.

Challenge 11



Star jumps.

How many star jumps can you do in 1 minute? See who can do the most in your family.

Challenge 12



5 Minute Run.

See how far you can run in 5 minutes or how many laps of the garden you can do.