



Half Term Challenges

Courtney Primary School

At Courtney we have thought of some ideas for you to have fun and get active this Half Term. We are challenging you to complete some of these screen-free activities.

Get Cooking!



- 1. Cook a pancake! Can you make a savory or sweet pancake? (Pancake Day 16th Feb)
- 2. Flip your pancake? (Send in a video)
- 3. Cook (help cook) a meal for your family.
- 4. Create a smoothie or milkshake.
- 5. Have a tea party, invite your family or toys.

Go Outdoors!

- 6. Go puddle jumping, how many puddles can you jump in?
- 7. Go on a nature walk, how many steps have you taken or how far did you go?
- 8. Go get muddy, walk and squelch in the mud. Don't forget to put the washing on.
- 9. Go spy as many different animals and creatures as you can.
- 10. Can you spot any signs of Spring?



Connecting with others



- 11. Make a phone call (write a postcard) to someone you have not seen for a while.
- 12. Have a Games Night and play cards or a board game together.
- 13. Read a story to a a member of your family
- 14. Help around the house with jobs or go help wash a car.
- 15. Pamper a member of your family ... home made face mask or hair style?

Lets get Physical

- 16. Make up a dance routine for a song | DANCE, DANCE, DANCE.
- 17. Jog for 1 kilometer or cycle for 5 kilometers.
- 18. Create your own Joe Wicks video where you are the coach.
- 19. Go run (walk) to the top of a hill and take in the view.
- 20. Do 10 exercises in each room in your home. (star jumps, squats, press ups etc...)



Get Creative



- 21. Make and send a valentines card on the 14th February.
- 22. Make a 1 minute video clip about an animal (or a pet?) like David Attenborough.
- 23. Make up a song or a rap | SING, SING, SING.
- 24. Make a video of you performing your best air guitar (or air drums).
- 25. Draw a self portrait by looking in a mirror.

Learn a new skill

- 26. Learn a new skill like Keepy-uppies, knitting, riding a bike...
- 27. Try some origami | make a plane , or an animal or other 3D shape out of paper.
- 28. Learn how to juggle, roll some socks up, start with two and then three balls.
- 29. Learn to skip (jump rope) or improve your skipping, add a trick.
- 30. Clap as many times as you can between throwing a ball up in the air and catching it.



Build something



- 31. Create a monster, building or machine out of Lego.
- 32. Make an inside den out of sofas, cushions, blankets ... have lunch in there!
- 33. Make a model out of cardboard or a scene (tv set) in a shoe box!
- 34. Build a home or a bed for a pet.
- 35. Build your reading power by reading a book.



You are a SUPER HERO | 15 or more Challenges completed
 You are a real HERO | 10 to 14 Challenges completed
 You are TOTALLY AWESOME | 6 to 9 Challenges completed
 You are AWESOME | 3 to 5 Challenges completed

