



Healthy | Active | Physical | Positive | You

Challenge: Squat Jump

How many squat jumps can you do in 30 seconds? To complete, go down into a squat position and push upwards into a jump.

Skill: Target Throw

Set up some targets that are a variety of distances away from you. The furthest one away will be 10 points. The middle one will be 5 points and the closest one to you will be 1 point. Keep track of your score and then try to beat it.

Outdoors: Sound Safari

When out on a walk write down all the different noises that you hear. When you get home can you then draw a picture of what you heard.

Movement: imoves Video

<https://imoves.com/the-imovement>

Games: Tail Games

Use a small towel or old t-shirt to hang down from trousers/shorts like a tail. Everyone playing the game should have a tail. The aim of the game is to pull other peoples tails out without getting yours removed. The last person to still have a tail is the winner.

#BeHAPPY