

Key Stage 1

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
1. Take a long walk with your family for over 30 minutes.		
2. How many times can you throw and catch a ball against a wall in 1 minute?		
3. Make fruit kebabs using 3 different fruits.		
4. Complete 30 star jumps every morning for a week.		
5. Try some fruit or a vegetable that you have never tried before.		