

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. Climb a big hill.		
2. Go for a jog with an adult for over 7 minutes.		
3. Learn how to ride your bike.		
4. Learn about a new sport.		
5. See how many times you can skip using a skipping rope. (If you don't have one bounce on the spot).		