

Key Stage 2

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. Keep a balloon in the air by kicking, heading or hitting it for 10 minutes.		
2. Make a poster about a famous sports person.		
3. Create a game with a tennis ball, plant pot and one other item.		
4. Throw a ball against a wall and catch it 15 times in a row without dropping it.		
5. Go for a jog with your parents for over 20 minutes.		