

Challenge Ideas - Creative



Make up a dance to your favourite song

Create an obstacle course using things you have in your house or garden.

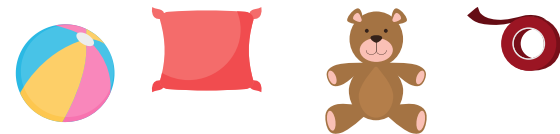
Make up a skipping rhyme, or sequence of different skipping moves.

Make up a full body 'secret handshake' to do with a friend or sibling.

The dance could be just for the chorus of the song if the full song is too much.



Alternatively, the challenge could be to learn a dance from a YouTube video.



Think about things you can jump over or around, crawl under or over, throw, catch, skip with, spin, balance - there are so many possibilities!



Or, use chalk to create an obstacle course. Draw lots of different lines and actions



An existing rhyme or song could be used and different types or speeds of skipping added.

Or create a whole new one.



This could be done with a family member or part of home bubble.



Or create a non-contact secret handshake where two people mirror each other doing a series of movements.



Or try a 'secret footshake' where only shoes touch.