

Home Challenge Ideas



Balloon

Keep the balloon in the air using your body.

Put the balloon between your knees and have a waddling or jumping race.

Loosely hold a jumper or tea towel. Throw and catch the balloon using this 'parachute'.

Play a game of balloon football (or any other sport) with a balloon instead of a ball.



Beanbag

Set some targets and throw a beanbag to them from different distances.

Balance the beanbag on your head. Walk at different speeds while keeping it balanced.

Toss the beanbag into the air and try catching it using different parts of your body.

Balance the beanbag on different parts of your body. Can you move and keep it balanced?



No equipment

Do a different exercise for 30 seconds at each corner of the room.

Use your body to make the shapes of different letters of the alphabet.

Pick a colour. Run around the room to see how many things of that colour you can find.

Go for a walk with your family.



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.