

Haktive at Home

Week 4

Week 4 has a variety of challenges. Remember do at least one a day and more if you can with a warm up and cool down too.

"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day

1. Continuous movement - jogging, skipping or dancing, aim for at least a time that makes you puff. Start with 3, 5 and work towards 10 minutes.

2. Imagine your hands, feet, back, bottom, knee, elbow are points that can balance on the floor. Try making a shape that has 5 points on the floor and hold it still. Then 4, 3, 2 and 1 point. Do again but different shapes.

3. Walk around your house/garden balancing a pair of socks on your head. Try moving quicker. Try something different teddy, ball, pencil.

4. Sit on the floor and touch your right foot with your left hand, then switch (left foot with right hand). Stand up, bring your right knee up and touch with your left hand and switch. Spotty Dog - right foot forward, left hand forward, jump up and switch (left foot forward and right hand) Skip around your space ensure your right knee is up and left arm swinging.

5. Skipping with a rope or imaginary rope, try some new tricks - backwards, cross over, double skip. Can you think of others?

6. Throw a ball (or paired socks) above your head, lean forwards and try to catch it on your back. (The bigger the ball the easier it is - could start with a balloon).

7. Have a pile of toys, (teddies, pencils, pieces of puzzle) then as far as you can get away from them have a starting point. By getting one item at a time see how quickly you can retrieve all items to your starting point. Then see how quickly you can put them back. Could time it and try to

Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

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