

Haktive at Home

Week 12

What will you do this week?

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

The Haktive Challenge-a-Day

1. Noughts and crosses. Lay some socks out in a line or skipping rope, ribbon or string to make a grid, 3 x 3. Have your own markers e.g. tins, pegs, socks, toy cars. Stand opposite each other and away from the grid, take it in turns to play and run back to your start point. First with a line of 3 wins.



2. Frisbee - with a frisbee, paper disc or plastic plate try frisbee. Hold it close to your tummy and fling it out pointing to where you want it to go. Make targets to try and hit.

3. Learn a new dance style. For example: Happy feet technique in house dance. <https://www.bbc.co.uk/teach/class-clips-video/street-dance-masterclass/zh2vpg8>

4. Play Simon Says - remember only do the action if Simon Says. Some activities could be: jump in the air, touch your toes, twist your body, make star shape, jump up and down, stand on one foot, 5 jumping jacks, the list is endless.

5. Challenge - Get from one side of the garden/room without touching the floor using only a tea towel and a dishcloth. Once they have worked it out, time it and try to beat it. It could be boiling lava or a smelly swamp.

6. Reaction wall - Put some numbers or letters on paper and stick them to a wall (indoors or outdoors) Spaced out in 2 columns (the more papers the harder it is) high and low according to your child's height. Call out a number/letter and they should try to touch it quickly and return to the middle (have knees slightly bent for quicker reactions). Speed up or slow down your calls. Could try facing away and turning or moving further away.

7. Put markers in your playing area. Challenge - to move from marker to marker in a different way. Jumping, hopping, skipping, twirling, bunny hops etc. What do they like best? Link travel patterns together and try to remember them or play follow my leader.

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

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