

Haktive at Home Challenges

Week 14

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

5. Make an obstacle course, easy to start with. Blindfold one person and either lead by the hand the blindfolded person around the course or very carefully give specific instructions of where and how to step. This really develops trust, so start easy and build it up.

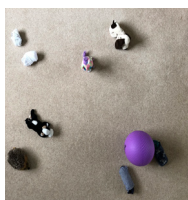


4. Make your own twister. Depending on the age of your children, it could be colours, letters or numbers (the numbers could also be multiples). Lay them out either in a grid (can use feet or hands or both) or a circle where you are in front support shape with your feet in the centre and hands moving around circle to the correct colour/number.

3. Place lots of 2 markers a short distance apart around your playing area, to make little gateways.

- Run through the gateways. Dribble the ball through the gateways.
- Run with a partner to a gateway and pass the ball through it, with hands or feet. Dribble to next.

How many can you do in 1 minute?



2. Relays - have a ball and as many people as you can standing in a line.

- Pass a ball between your legs, then next person over your head until travelled the line, the end person then runs to the front, until whole line has moved to the front or travelled to end marker.
- Pass the ball from side to alternate side down the line.

1. Beans - Play a calling game where you run around and someone calls out a type of bean and you all do it. For example:

Jumping Bean - jump up and down
String - Stand tall and straight, arms up
Baked - Curl into a ball
Broad - Arms and legs as wide as you can.

What beans can you think of?



These bubbles have progressively harder challenges as they rise

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