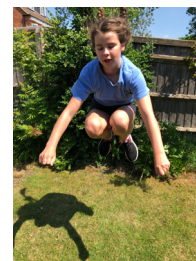


Haktive at Home Challenges

Week 15

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

5. Battleships, needs 2 people, 5 markers and 3 balls/paired socks. Have your playing area and place 5 markers anywhere in it, your opponent places theirs in their area opposite about 3m apart (or as space allows). Take it in turn to aim and hit opponents marker, if it does, that marker is removed. Person to remove markers first wins.

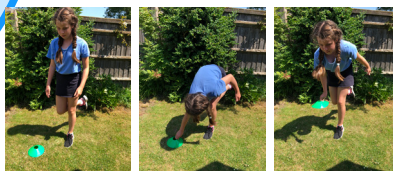


4. Shadow Tag
When the sun shines, shadow tag is a fun way to run around. Have enough space to see your shadows clearly and chase each other around trying to stand on their shadow.

3. Complete a 60 second challenge or lots of them.
How many -
Star jumps, squats, tummy crunches, mountain climbers, 2 feet to 2 feet jumps, hops, skips, dribble ball round a marker, bounce side to side over a marker, catch and clap a ball...
- can you do in 60 seconds?

2. Develop your own sequence.
This could be travelling patterns (hopping, skipping, jogging).
Or fitness exercises, e.g. 5 star jumps, 10 squats, 5 tummy crunches.
Or gymnastics moves, roll, jump, balance.
The idea is to create but more so to remember and repeat it, working on memory

1. Stand on one leg and get your balance.
• Now bend your knee to lower your body.
• Repeat but try to pick something off the floor close to you.
• Repeat above then try to throw item at a target.
• Do the same for the other leg.



These bubbles have progressively harder challenges as they rise

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

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