

Haktive at Home Challenges

Week 17

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

5. Orienteering

Map your garden or living room.
Orientate your map (turning it the correct way).

Hide teddy/car and show where on the map. Could have 5-10 objects marked that they have to find, but return to you after they find each one.

It could be timed.
They could hide things for you.
So many possibilities.



3. Treasure Chest

Have 2 areas opposite end of your playing area.

Have a pile of toys/items at one end.
How many can you collect in 30 seconds and return to start area.

Travel in different ways.
Balance on your head.

At the chest, throw and catch 3 times before returning.

4. Speed bounce grid

Lay some skipping ropes, ties, string, rulers, pairs of socks, tights along the floor making a grid.

Jump from one side of your lines to the other. Try 1 foot to same foot, 1 foot to other foot, 2 feet to 2 feet.

See if you can jump over every line.
How many jumps can you do in 30 secs, 1 minute?

2. Floor climbing

Place single socks and gloves on the floor a small distance apart in any pattern.

Walk from sock to sock to get from one side to the other.

Now try getting across with your feet on the socks and your hands on the gloves. Try again.

Choose a different path.
Move socks and gloves further apart.

1. Travelling

How many different ways of travelling can you think of?

Do them all around your playing area.

(I can think of 15)



These bubbles have progressively harder challenges as they rise