

Haktive at Home Challenges

Week 19

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

5. Usain Bolt

His 100m world record is

9.58seconds!

Measure out 5m (5 large steps) with markers either end.

How many times would you have to run up and down to make it 100m?

Time it. See how close to the world record you can make it.

(if you have a bigger space make distance bigger).



4. Lily Pads

Place tea towels, dish clothes, hand towels (lily pads) on the floor in your playing area (not too far apart to start with).

Jump like a frog from one side of the area to the other.

Place teddies on some lily pads, these you have to jump right over.

Jump high to catch a fly.

3. Traffic Lights

Have something red, amber and green to hold up.

Jog, skip, hop, sidestep around your playing area.

If it's

Red - Do a stretch

Amber - skip

Green - Sprint

Can change the activities.

1. Ball chase

Place a large ball in the middle of your playing area.

5 steps back and a little pile of throwing things, eg small balls, little teddies, toilet rolls. Try to throw the items to move the ball further away from you.

Could have a line to cross or children stood opposite each other but only collect items when neither are throwing.

2. 1,2,3

Jogging around your playing area, 1 person calls out a number. If it's

1 - jump in the air

2 - touch the floor

3 - dodge (put weight onto one foot, push off that foot and go the other way).

Take it in turns to call.

Change the numbers to be different activities or different ways of travelling.

Say the numbers quickly.

These bubbles have progressively harder challenges as they rise

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