

Haktive at Home Challenges

The final one

Week 20

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

5. Number Game

If 1 = 1 press up,

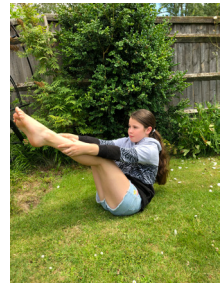
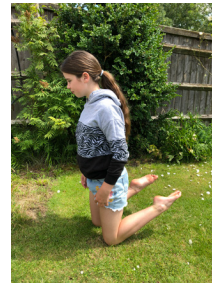
2 = 2 x squats,

3 = 3 x star jumps

Do some maths, with the answers being active.

Eg Call 7 - 3 star jumps, 3 star jumps, 1 press up.

Change the numbers, they can be multiples or factors.
Change the activities.



3. Dance

Dance like no one is watching.

Find your music, turn it as loud as you can and find your groove.

Let yourself go.

I'm sure your kids could show you a few moves

2. Body Parts

Jog around your playing area.
A caller, calls out a body part and the jogger have to touch that body part to the floor.

If more people can find a partner and both contact that body part.
Change the way they travel around the space.
Change the caller.

4. Netflix

Travel around your playing area. These different calls give instructions:

Play - move around are

Fast Forward - move very quickly

Rewind - move backwards

Pause - hold position completely still

Record - Repeat a small action e.g. jump

1. Follow my Leader.

Have one leader who everyone follows.
They have to copy the way of travelling e.g. skip, hop, jump, run, monkey crawl, wriggle, jelly legs, tiptoes, backwards.

Could also add some star jumps, squats, rolls.

Take it in turns to lead.
Be creative and have fun

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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