

YOUR NAME - ACTIVITY CHALLENGE

COMPLETE THE ACTIVITY LISTED FOR EACH OF THE LETTERS IN YOUR NAME

CHALLENGE:

TRY AGAIN INCLUDING YOUR MIDDLE NAME + SURNAME

OR FOR SOME ADDITIONAL FUN COMPLETE ACTIVITIES FOR EACH FAMILY MEMBER



| | ACTIVITY | | ACTIVITY |
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| A | SHOOT 5 GOALS IN A ROW | N | BOUNCE A TENNIS BALL WITH ONE HAND 15 TIMES IN A ROW - THEN SWITCH HANDS (NO CATCHING OR STOPPING) |
| B | DO 10 JUMPING JACKS | O | PRETEND TO JUMP ROPE FOR 20 COUNTS |
| C | PLANK FOR 30 SECONDS | P | CIRCLE A BALL AROUND YOUR WAIST 15 TIMES |
| D | DO 5 SIT UPS | Q | COMPLETE 15 JUMP SQUATS |
| E | STAND ON ONE FOOT FOR 15 SECONDS, THEN THE OTHER FOOT - START AGAIN IF YOU FALL | R | PIVOT ON THE SPOT 3 TIMES IN ONE DIRECTION, THEN REPEAT IN THE OTHER DIRECTION |
| F | DO 3 CARTWHEELS | S | SIDE STEP AROUND THE PERIMETER OF YOUR YARD AND THEN BACK AGAIN |
| G | HOP ON EACH FOOT FOR 30 SECONDS EACH | T | LAY ON YOUR BACK WITH A BALL,, HOLD THE BALL IN ONE HAND ABOVE BELLY BUTTON - THROW AND CATCH 10 TIMES |
| H | DO 10 SQUATS | U | TAKE 3 SHOTS AT GOAL ON ONE FOOT, THEN SWAP FEET AND REPEAT |
| I | RUN ON SPOT - FAST FEET FOR 1 MINUTE | V | TRY TO SPIN THE BALL ON YOUR FINGER FOR 3 SECONDS |
| J | 10 CHEST PASSES USING WALL | W | STANDING VERTICAL JUMP X 10 - ON THE SPOT WITH ARMS UP, JUMP AS HIGH AS YOU CAN |
| K | COMPLETE 5 LUNGES - ON EACH LEGS | X | FROM A STANDING POSITION, JUMP FORWARD AS FAR AS YOU CAN - REPEAT TRYING TO BEAT LAST DISTANCE |
| L | USING 2 CONES OR MARKERS, ONE METRE APART - SIDE STEP AROUND IN A FIGURE 8 FOR 1 MINUTE | Y | SPIN ON THE SPOT 3 TIMES, THEN SHOOT |
| M | DO 10 PUSH UPS | Z | DO 10 BURPIES |