

# Home Learning

# Daily Challenges



Guidelines suggest 30 active minutes both in school and out. Without school playtimes this is a challenge to fill!! Along with our other online resources, pick a daily challenge and see how active and creative you can be.

Recite your timetables whilst exercising - choose an exercise - star jumps, plank etc and get reciting	Complete 5 personal challenges from our library	Get on wheels!! Bike, scooter, go cart - get moving!!
Dance, Dance, Dance!!!	Get outdoors!! Explore your garden, go for a walk, have your lunch outside, anything that includes fresh air	Yoga - relax, watch our Yoga video and copy the moves
Introduce a family member to a playground game - tag, chase... Explain the rules and away you go	Stairs!!! Play downstairs, play upstairs. Keep a count of how many times you go up and down	Learn a new skill, what would you love to be able to do - give it a go!!!
Rest - you can have one day off!!	Get your thinking caps on. Create a new game, only rules are you've got to be moving to play it!!	Dance, Yoga, Personal Challenges, Walk, Run, Bike - make this your most active day!!