



## Healthy Homework Challenges

### Autumn Term



| <u>Week</u> | <u>Challenge</u>  |
|-------------|---|
| 1           | 1 minute challenge! Can you jog on the spot as fast as you can for 1 minute?  |
| 2           | Enjoy a long walk with family or friends  |
| 3           | Explore the aisles! Explore the fruit aisle in the supermarket. Can you find your favourite fruit? Are there any fruits you have never seen before? |
| 4           | Go on a bike/scooter ride   |
| 5           | Advert challenge! Can you hop on the spot during every advert break?  |
| 6           | Can you help prepare a healthy snack?   |
| 7           | Get up and groove! Can you make up a dance to your favourite song?  |
| 8           | Can you drink 5 glasses of water every day this week?   |
| 9           | Can you sort 10 foods from your fridge/cupboards into healthy and unhealthy?  |
| 10          | Blast from the past! Talk to your parents/grandparents about an active game they used to play when they were little and give a try!                 |
| 11          | Stairs challenge! go up and down the stairs as many times as you can this week.   |
| 12          | Try something new! Can you try a new fruit?   |
| 13          | Catching challenge! How many times can you throw and catch a ball?<br>Can you beat your score?  |
| 14          | How long can you balance on one foot for? Can you beat your time?<br>Try the other foot too!  |
| 15          | 1 minute challenge! How many star jumps can you do in 1 minute?<br>Can you beat your score?   |