



## Healthy Homework Challenges

### Spring Term



<u>Week</u>	<u>Challenge</u>
1	1 minute challenge! How many times can you hop in 1 minute? Can you beat your score?
2	Explore the aisles! Explore the vegetable aisle at the supermarket. Can you find your favourite vegetable? Can you find a vegetable that you have never seen before?
3	Enjoy a long walk with family or friends. Can you spot any signs of Spring?
4	Try something new! Can you try a new vegetable?
5	Advert challenge! Can you dance your socks off during every advert?
6	Can you drink 5 glasses of water every day for a week?
7	Balloon volleyball—how long can you keep a balloon in the air? Can you beat your time?
8	Catching challenge—how many times can you throw a ball in the air and catch it? Can you beat your score?
9	Can you prepare a healthy snack?
10	Enjoy a long walk with family or friends. Can you spot any signs of Spring?
11	Can you sort 10 items from your fridge/cupboards in to healthy and unhealthy foods?
12	Stairs challenge! Can you go up and down the stairs with something on your head?
13	Get up and groove! Can you make up a dance to your favourite song?
14	1 minute challenge—how many times can you bounce a ball on the floor and catch it? Can you beat your score?
15	Go on a bike/scooter ride!