



Healthy Homework Challenges

Summer Term



<u>Week</u>	<u>Challenge</u>
1	1 minute challenge! How many times can you jump in 1 minute? Can you beat your score?
2	Simon says—play Simon says with family or friends. Make sure your hearts are beating really fast by the end of the game.
3	Try something new! Can you try a new healthy food?
4	Catching challenge—how many times can you throw a ball in the air, clap your hands and catch it? Can you beat your score?
5	Advert challenge! Can you jog on the spot during every advert?
6	Keepy uppies! How many keepy uppies can you do? Can you beat your score?
7	1 minute challenge—how many times can you skip in 1 minute? Can you beat your score?
8	Go on a nature hunt—what can you find?
9	Can you help prepare a healthy snack?
10	Pillow case race! A twist on the traditional Sack race—who will win the pillowcase race?
11	Can you drink 5 glasses of water every day for a week?
12	Can you sort 10 items from your fridge/cupboards in to healthy and unhealthy foods?
13	Obstacle course! Create your own obstacle course inside or outside using anything you can find! Who can complete the course in the quickest time?
14	Get up and groove! Can you make up a dance to your favourite song?
15	Go on a bike/scooter ride!