



## Half Term Active Challenge - Spring 2 2019

NAME:

Class:

Below you will see five active challenges, one for each week of this half term. You can chose to do the challenges in any order. When you have completed a challenge, colour in the challenge box (or draw a little picture of you doing your challenge) and ask your parents to sign it to show that it has been completed.

When you return your other homework, bring this in and show your teacher. For each active challenge completed (one each week), you will receive 5 minutes on the **Active Class Chart** to go towards your **Class Active Champions** total.



Complete the WINDMILL exercise every day for one week.

Signed:



Walk around a lake or reservoir with your family.

Signed:

Do an active challenge of your choice.

Signed:

Have one fun swimming session with family or friends.

Signed:



Jog around a local park or playing field.

Signed:

