

Haktive at Home

Week 8

Do make your own challenges, we'd love to see them, share on Facebook.
"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day

1. Mirroring - stand opposite someone, hold your palms up, the leader moves and the follower has to mirror every movement, side to side, forwards and backwards. Take it in turns. Really get creative with your movements.

2. Cars - Pretend you are a car driving around your space. As you increase the gears your speed increases. Call round about (spin in a circle), traffic lights (stop and do a stretch), Traffic jam (move in slow motion), reverse into a parking spot, indicate put your right or left arm out and go that way. Have fun.

3. How far can you jump? Stand with 2 feet together by a marker, bend your knees and jump forwards. Place a marker by your heel. Go back to the start marker and see if you can beat your distance.



4. Put a score on a paper (appropriate to your child's age, 1,2,3: 5,10,15: 2x4, 3x5, 6x2 etc). Place them in a circle around a central point where you have a collection of throwing items e.g. ball, socks, teddies. Throw the items one at a time at a target, if it lands on it add the points together. So many variations of this to adapt, suit and challenge your children.

5. 1,2,3 - Take it in turns to say 1,2,3 and keep it going. Replace 1 with a jump, replace 2 with a star jump. Then replace 3 with a press up. You can use anything you choose to replace the numbers but keep the sequence going.

6. Put 4 markers (tins, flower pots, socks) making a square at least 2m apart bigger if you can. Have a start marker and travel along each side, try:-

- ○ Run, walk, run, walk. Run, sidestep, run, sidestep
- ○ Diagonal, sidestep, diagonal sidestep (figure of 8).
- ○ Forward, back, diagonal back, sidestep, back.

7. Lay socks on the floor. Jump 2 feet to 2, hop, 1 to 2 feet. Move them further apart for more challenge.

Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

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