

# Haktive at Home

Week 9

A few games in this week's challenges. All adaptable to every age and ability level. Have fun.

"..every little bit of activity will help their well being and yours."

## The Haktive Challenge-a-Day

**1.** Routines - create a routine that includes 3 balances, 2 rolls and one weight on hands (front support, handstand, cartwheel). Practice it - Perform it.



**2.** Place 4 markers (eg socks, pots, tins) one body length from a central point and decide on north, east, south and west (or times on a clock). Go in a front support position with feet on the centre point and just moving your hands move from different positions eg north to south. 1/4 past to 1/4 to.

**3.** French Cricket - if you don't have a bat use a frying pan or dozen egg box. Batter is in central position (and stays there) fielders try to bowl ball to hit batter below knees if they do or catch hit they are now the batter. Bowl from where ball lands.



**4.** Shipwreck - A calling game, in an area decide a bow (front), stern (back), port (left) and starboard (right). Person has to move quickly to the call. Add climb the rigging (arms and legs moving up and down), Captain's coming (salute), scrub the decks (crouch down). There are many more or you can make your own up.

**5.** Running Circuit - mark an area as big as you can but safely, where you go round once then figure of 8 then round again. Try speed walking, jogging, hopping (change foot), side steps (change leading leg), lunge dodge at a marker.

**6.** Throwing golf - Place markers at various points in your playing area. With one ball each see how many throws it takes to hit the marker. Note down your score, now stand on that marker and try to hit the next marker, note down your score until all markers have been hit. Person with lowest number wins.



**7.** Vertical jump - stand side on to a wall (shoulder and hip close to it). Bend your knees, swing your arms up and jump as high as you can. Try and mark it with egg chalk if outside. Or place a picture/paper on the wall to try to and touch.

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