

Haktive at Home

Week 11

Just 5 cones or markers.

You can use flower pots, socks, tins, anything you have at home.

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



The Haktive Challenge-a-Day

1. Have a start point and as far away as you can have an end point (could use cones or tins etc) Run to the end point and back, then do skipping, hopping, monkey crawl, side steps etc. Could time it, 1 run, 5 runs, 10 runs and try to reduce that time.

2. Place 4 markers in a square, as big as your area allows. This is your stage. Make up a dance that has different sports as a theme or any theme you choose. Pick some music if you can. Perform your dance.

3. Speed bounces - place a cone on the floor and jump over it side to side. Then front to back. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.

4. Have a start cone at one end of your playing area. Run as fast as you can for 3 seconds and place a cone where you finish. Try to beat this distance.

5. Reaction Box - place a cone in each corner to make a square and stand in the middle. Touch a corner and return to the middle going to each corner 1,2 or 3 times. Then you could time how long it takes to do 1,2 or 3 times round.

6. 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. Bend your knees when landing.

7. Place 4 cones at the start area and one as far away as you can. How quickly can you get the cones to the end cone, carrying only one cone at a time?

What challenges can you come up with? - Have fun

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

Haktive at Home Copyright Haktive 2020