

Key Stage 2

Home Learning Pack

Weekly Physical Activity Challenges

Why not print off the activity sheet and place it on your fridge!

Take part in these fun personal challenges that you can do on your own or with members of your family at home.

Have fun, stay safe, and remember to try your best!

Challenge	Score	Comments
1. Make fruit kebabs with 5 different fruits included.		
2. Make smoothies with your family and try them all!		
3. Create an assault course in your garden and see who can complete it in the fastest time.		
4. Jump challenge – do double foot jumps for 4 minutes.		
5. Name 5 sporting role models, without using Google.		