



Get Active Challenges

Challenge 1 - Flip A Coin Workout

You will need: a coin

Each time you toss the coin, complete the relevant exercise.

- 1st Toss: Heads = 15 jump squats
 Tails= 30s plank
- 2nd Toss: Heads= 60s jog on spot
 Tails= 25 jumping jacks
- 3rd Toss: Heads= 20s plank
 Tails= 5 burpees
- 4th Toss: Heads= 20 jumping jacks
 Tails= 15 sit ups
- 5th Toss: Heads= 20 high knees
 Tails= 60s jog on spot
- 6th Toss: Heads= 10 push ups
 Tails= 25 jumping jacks
- 7th Toss: Heads= 10 burpees
 Tails= 20 jump squats
- 8th Toss: Heads= 20 sit ups
 Tails= 30 high knees
- 9th Toss: Heads= 60s jog on spot
 Tails= 10 push ups
- 10th Toss: Heads= 30s plank
 Tails= 30 jumping jacks

Challenge 2 - Land The Socks

You will need: a pair of socks, a pan/dish/bowl

Target practice using a sock ball. You need to land the socks in a pan/bowl/dish, have 5 practice turns then see how many you can score from 5 attempts. Make it harder by moving further away. Can you do it blindfolded?

Challenge 3 - Heartbeat

You will need: a watch or stop watch, paper and something to write with

Find your pulse and count it for 30 seconds making a note of how many times your heart beats. Run around your garden or up and down the stairs 10 times. Record your pulse again straight away. Run around your garden or up and down the stairs 10 more times. Record your pulse again straight away. What did you notice?

Challenge 4 - Ball Drop

You will need: a small ball/coin/scrumpled up piece of paper, a cup/bowl/pan

Use a small ball, a coin or a crumpled-up piece of paper. Standing above a cup or pan, hold the ball out at arm's length and drop it into the cup. Have 5 practice turns then see how many you can score from 5 attempts. Make it harder by standing on a chair. Can you do it blindfolded?

Challenge 5 – Active Connect 4

See separate sheet

Challenge 6 – Catch and Clap

See separate sheet

Challenge 7 – Figure of Eight

See separate sheet

Challenge 8 – Fortnite Bingo

We know this is a controversial one! We are not suggesting that you get your children to play Fortnite but if they are already on it, this challenge might be a way to break screen time up.

Whilst playing Fortnite, any time a below event happens you need to complete the relevant forfeit.

You run away from a storm = 10 jumping jacks

You get caught in a storm = hop 5 times on each foot

You get a mythic weapon = jump up and down 10 times

A teammate revives you = hop 10 times on each foot

You get stuck in a build fight = 15 jumping jacks

You level up = jump up and down 25 times

You throw a grenade = 20 jumping jacks

You get a legendry weapon = 20 jumping jacks

You get a kill = do a Fortnite dance for 30 seconds

You die = jump up and down 30 times