

ACTIVE HOMEWORK

KS 1

STILL AS A STATUE

Hold a balance
for 1 minute.

Stand on 1 leg
for 1 minute

FASTEST IN THE HOUSE

Challenge all family members
to the same event. (e.g. 5m
run)

Repeat for multiple races
(jumping, hopping)

HYDRATION!

Only drink water for 5 days.

AEROPLANE CHASE

Make a paper aeroplane and throw it. How many times can
you throw and catch it in a row?

HUNTERS

Hide 10 objects around
your house/ garden. How
quickly can all family
members find the
objects?

MOVING MORE AT HOME