The Great ESJ

25 Things Challenge!

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| Go for a walk that lasts over an hour  Where did you go? | Go for a bike or scooter ride. If you don’t have one, go for a jog with an adult in your family.  Where did you go? | Try a new sport or activity, either with your friends and family or at a leisure centre/club  What did you try? |
| Help to prepare a healthy meal at home  What did you make? | Go to the playpark and set yourself an assault course challenge. Can you beat your friends or family? | Practise a sport on your own to improve your skills – e.g. passing a football or hitting a tennis ball against a wall.  What did you do? |
| Put on some music and dance round the house for at least 20 minutes! Make sure you get out of breath!  What did you dance to? | Practise throwing and catching a ball, alone or with friends/family. Challenge: aim for a target, do it one handed, use your weaker hand, clap while the ball is in the air, bounce passes. | Play an active game with your parents/carers that they used to play when they were children.  I.e. piggy in the middle, tag, kerby, French Cricket.  What did you play? |
| Go swimming | Give up sweets and chocolates for a whole week! | Invent a game to play with your family or friends  What was it? |
| Try a skipping or (if you haven’t got a rope) star jump challenge. How many can you do in a minute?  Practise and then try again.  Can you beat your best? | Make up an exercise routine that lasts at least 5 minutes. Teach it to a member of your family.  What was in your routine? | Learn how to do a handstand or cartwheel (you need an adult with you). If you can already do one, teach someone else, or try another gymnastic skill – e.g. arab spring or round off. |
| Exercise your brain with a puzzle or wordsearch. | Have a weekend without playing on your computer, console, phone or tablet. What did you do instead? | Set a treasure hunt or orienteering course for your family around your house, or make an outdoor trail when you’re having a day out. |
| Build something out of natural materials. E.g. A bug hotel, some natural art, or a shelter that you can sit in.  What did you build? | Sit down and read for at least a whole hour in one go.  What did you read? | Do something helpful for someone.  What did you do? |
| Go camping with your family, either to a campsite or in your back garden. | Invent a board game and play it with your friends/family. | Fly a kite on a windy day. Make one if you don’t own one. |
| Come up with your own way of being healthy, active or happy. What did you do? | How many did you manage?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

The Great Ely St John’s

25 Things Challenge

To celebrate Healthy Lifestyles Week, we’ve come up with 25 fun activities for children to try in their spare time. We’ve included a wide range of ideas to encourage health, happiness and wellbeing.

It’s entirely up to you if you want to take part, but we think it’s a great way for you and your family to play together, try new activities, and celebrate the amazing things that you already do.

We don’t expect you to complete all of the challenges, but we hope you enjoy trying as many of them as you can. Most of the activities can be done without going too far from home. Most are free and none of them require any expensive equipment.

Every time your child completes an activity, please tick it off and initial it. Bring it back into school before the end of term and we’ll celebrate those children who take part.

Thank you for your support and I hope you enjoy the challenges!

Mr Lowery

PE Co-Ordinator