Healthy challenge grid

Can you complete the activities on the chart? Tick them off when you do them.

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| **DANCE**  Can you play a game of musical statues with others in your house?  Who stayed still the best? | ids Practicing Yoga , Happy Cartoon Children Practicing Yoga ...  What other activities can you think of? | **STAMINA**  How long can you cycle, walk, jog, run or scoot for?  Can you do 15 minutes without stopping?  How far did you go? |
| **ASSAULT COURSE**  Can you design your own assault course?  What different things will you include?  How long did it take you to complete? | **SMOOTHIE MAKER**  Can you make up your own smoothie and share with your family as a healthy start to the day?  What ingredients will you put in? | **MINDFULNESS**  Complete a Cosmic Kids yoga session.  Can you practise one of the breathing exercises? |
| **BE THE TEACHER**  What is your skill?  Can you teach someone in your family/house your skill?  For example; Sporting skill, karate, dance move, Yoga pose | **DANCE**  Can you play a game of musical statues with others in your house?  Who stayed still the best? | **VIDEO MAKER**  Can you create your own exercise video?  It could be a dance, yoga, gymnastics video or even like Joe Wicks.  What actions will you put in? |