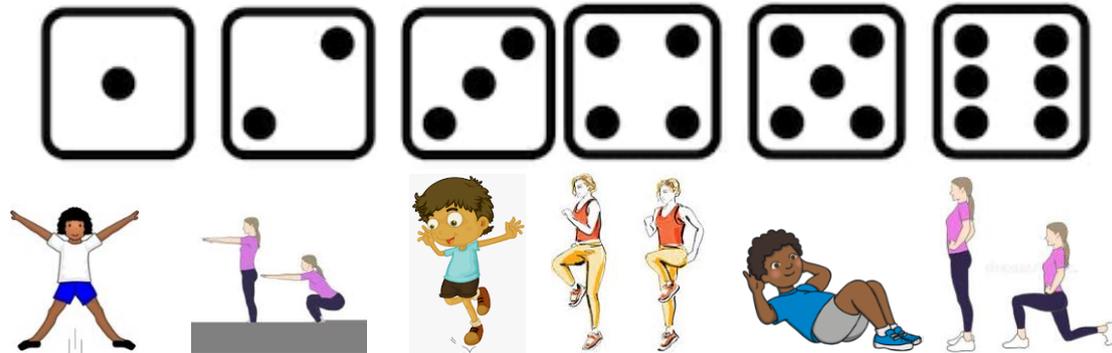


## Dice Challenge

1 player - Roll the dice. Do the exercise 5 times.

2+ players - 1 player rolls the dice. They do the exercise 5 times. Then it's the next persons turn.



1 = star jumps 2 = squats 3 = running on the spot 4 = high knees 5 = sit-ups 6 = lunges

If you don't have dice, then just write numbers on pieces of paper and pick them out of a hat!

**Adapt:** You could make up your own exercise to go with each number.

**Challenge:** You could do 10 or more of each exercise!

## Spelling Challenge

1 player - Spell out your name and complete the activity listed for each letter.

2+ players - Take it in turns to spell your name, then each other's names.

<b>A</b> jump up & down 10 times	<b>N</b> pick up a ball without using your hands
<b>B</b> spin around in a circle 5 times	<b>O</b> walk backwards to the closest door and skip back
<b>C</b> hop on one foot 5 times	<b>P</b> walk sideways 20 steps and hop back
<b>D</b> run to the nearest door and run back	<b>Q</b> crawl like a crab for a count of 10
<b>E</b> walk like a bear for a count of 5	<b>R</b> balance on your bottom for 10 seconds
<b>F</b> shake your whole body for 5 seconds	<b>S</b> bend down and touch your toes 20 times
<b>G</b> do 10 jumping jacks	<b>T</b> pretend to pedal a bike with your hands for a count of 17
<b>H</b> hop like a frog 8 times	<b>U</b> roll a ball using only your head
<b>I</b> balance on your left foot for a count of 10	<b>V</b> flap your arms like a bird 25 times
<b>J</b> balance on your right foot for a count of 10	<b>W</b> pretend to ride a horse for a count of 15
<b>K</b> march like a toy soldier for a count of 12	<b>X</b> try and touch the clouds for a count of 15
<b>L</b> pretend to jump rope for a count of 20	<b>Y</b> walk on your knees for a count of 10
<b>M</b> do 5 star jumps	<b>Z</b> do 10 push-ups

**Adapt:** Spell out a book character's name or challenge each other to spell words.

**Challenge:** Include your surname and do each activity twice.

### Coin Challenge

1 player - Flip a coin and do the exercise. Flip the coin again and do the next exercise.

2+ players - Take it in turns take your flips. Support each other with high fives!

Number of Flip	Heads	Tails
1	 x 5	 x 5
2	 x 7	 x 7
3	 x 9	 x 9
4	 x 11	 x 11
5	 x 13	 x 13
6	 x 15	 x 15

**Adapt:** Change the exercises to dance moves.

**Challenge:** Keep doing more flips e.g. 7<sup>th</sup> flip would be 17 of an exercise!

### 30 Day Yoga Challenge

Hold the pose of the day for 1 minute if you can.



**Adapt:** You could do other yoga positions you have learnt or pose like different animals.

**Challenge:** Do more than one pose a day. When you get to the 30<sup>th</sup> pose, start from the beginning again.

## Dance Challenge



Choose your favourite song to make a dance routine to. Perform it to your family.

Here are some ideas to get you started:



## Bottle Flip Challenge



Bottle flipping involves throwing a plastic bottle, typically partially full of liquid, into the air so that it rotates, in an attempt to land it upright on its base.

How many times can you bottle flip in 2 minutes? You get 2 turns for every 3 star jumps you do.

**Adapt:** Change the exercise you do in between flips.

**Challenge:** Can you beat your personal record? Increase the amount of time you are doing it for.