

1

FAMILY CHALLENGE!



Choose someone in your family to challenge.
Who can do the most activities in one week from this list?
You score **five points** for each activity.

	CHALLENGER 1	CHALLENGER 2
20 BURPEES		
PLAY FOOTBALL		
RUN FOR 5 MINUTES		
DANCE FOR 20 MINUTES		
WALK ONE MILE OR MORE		
TRAMPOLINING		
RIDE A BIKE FOR 1 MILE		
PLAY TAG		
PLAY NETBALL		
GO TO THE GYM		

2

DiGiTAL DiFFERENCES?

Find and tick five activities below that you enjoy.

- Cycling
 Trampolining
 Lego
 Drawing
 Reading
 Making
 Board games
 Listening to music
 Cooking
 Something of your own

Can you do all five choices every day for a week,
instead of using your tablet or games device?
Tick every day that you don't use your digital device.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

3

FAMILY CHALLENGE!

Think of something healthy: food, exercise or lifestyle, for every letter of the alphabet.
We've done a few to help.

A Apples, eat them

B

C

D Do NOT eat donuts

E

F

G

H

I Indoor athletics

J

K Kiwi fruit, they are great

L

M

N

O

P

Q Quiet time

R

S

T

U Underwater swimming

V

W

X Ditch the Xbox

Y

ZZZZZZZZZ getting lots of sleep

