



Active Challenges Spring 2024

How many can you complete?



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|--|--------------------------|---|--------------------------|
| Play 'Head, Shoulders, Knees & Cone!' | <input type="checkbox"/> | Wrap up warm and go for a picnic! | <input type="checkbox"/> |
| Help to make the family meal | <input type="checkbox"/> | Listen to or read a long story | <input type="checkbox"/> |
| Complete a Cosmic Kids workout (You could do it in fancy dress?) | <input type="checkbox"/> | Get better at riding a bike or scooter! | <input type="checkbox"/> |
| Teach yourself a new sporty skill! (A trick in football or basketball? Maybe learn to bowl in cricket) | <input type="checkbox"/> | Play Sumo tail tag with someone (use a tea towel!) | <input type="checkbox"/> |
| Do 150 Jumping Jacks in one day | <input type="checkbox"/> | Spend a whole day without looking at a screen! (Phone/TV/Tablet etc) | <input type="checkbox"/> |
| Play hide and seek somewhere outdoors and safe! | <input type="checkbox"/> | Draw a picture of you doing something you love! | <input type="checkbox"/> |
| Build a den using sticks and leaves | <input type="checkbox"/> | Design your own obstacle course and convince somebody to join in with you! | <input type="checkbox"/> |
| Go to the park and go down a slide! | <input type="checkbox"/> | | |
| Create a picture using Autumn leaves and conkers! | <input type="checkbox"/> | | |

