











BEING ACTIVE CHALLENGES!

	<p>Completed?</p>	<p>Amount</p>	 <p>Shape your body into letters of the alphabet to spell your name.</p> <p>Completed?</p>
	<p>Completed?</p>	<p>Amount</p>	 <p>Make up a dance routine.</p> <p>Completed?</p>
	<p>Completed?</p>	<p>Amount</p>	 <p>Make up your own PE challenge. See if you can star jump with 10 different moves (e.g. star jump, press up, touch your toes). Do each move for a count of 10.</p> <p>Completed?</p>
	<p>Completed?</p>	<p>Amount</p>	 <p>Hop on one leg for as long as you can - time yourself until you lose your balance.</p> <p>Completed?</p> <p>Time</p>
 <p>Place 4 different coloured objects around a room. Ask someone to call out the colours in random order. Move to the right colour as fast as you can! Keep going for 1 minute.</p>	<p>Completed?</p>	 <p>Set up 3 targets (empty boxes, buckets, flower pots) at different distances, and see if you can throw a ball into them. They can each be worth different points - 10, 20 and 30.</p> <p>Completed?</p> <p>Points</p>	