



**Activity Sheet Two** : there are 3 activities for you to try at home his week!

Try these fun activities with your family. Having fun whilst being active is very important. You can compete with yourself & each other if you want to, but enjoying the activities is the main thing.

Perhaps you could record yourselves doing the activities & share the clips with your friends & family if your parents/carers are happy for you to do so?

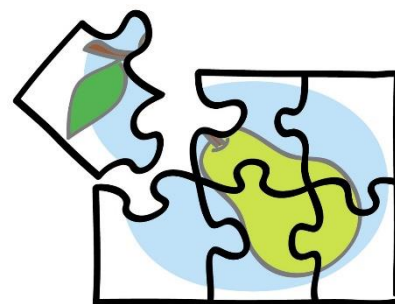
**Safety**- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink ready.

**Jig Saw Puzzle Challenge** : (on your own or in a pair/team) Try it to music.

Print out a large picture of your favourite things or tear a page out of a magazine.

Stick the picture on to a thin piece of card-you could use a cereal box

Cut the picture up into pieces-the smaller the pieces the harder the activity will be!



**Challenge:**

- Place the picture pieces upside down at the opposite end of the room or upstairs if you want to make the challenge harder.
- When the music starts go & collect ONE piece of the picture & bring it back
- Take it in turns or repeat until you have all the pieces & then see if you can make the picture.

How to make this challenge harder:

-smaller pieces

-mix up 2 pictures (or more)

-use a real jigsaw

-move in different ways to collect the jigsaw pieces eg: backwards, jumping, knees up

**Playing Card Fitness Challenge** : (on your own or with everyone) Try this to music.

Decide on a activity for each suit eg : Hearts = star jumps

Spades = squats

Clubs = crunchies

Diamonds = squat thrusts



Draw or print off a picture of each suit & put in a different place in the house or garden as far away from each other as possible. We will call these 'bases'

Decide if an ACE is high or low & what a Joker is worth. Jack =11, Queen = 12, King= 13

**Challenge:**

- Put all the playing cards face down in a central place.
- When the music starts pick up a card.
- Go to the place in the house where this suit is based.
- When you get there, whatever number card you have do the exercise this number of times - eg- Jack of hearts = 11 start jumps
- Leave the card at the base.
- Go back & choose another card-repeat until all the cards are gone.

**Playing Card Cuddly Toy/Ball Challenge** : (on your own or with everyone) Try this to music.

Decide on a activity for each suit eg : Hearts = throw & catch the toy/ball in the air

Spades = put the toy/ball around your tummy

Clubs = roll the toy/ball all the way from your head down your body & back up to your head.

Diamonds = put the toy/ball in & out of your legs in a figure of eight

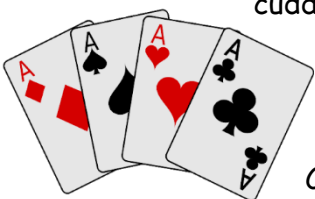
Draw or print off a picture of each suit & put in a different place in the house or garden as far away from each other as possible. We will call these 'bases'. Put enough cuddly toys at each base for every player



Decide if an ACE is high or low & what a Joker is worth. Jack =11, Queen = 12, King= 13

**Challenge:**

- Put all the playing cards face down in a central place.
- When the music starts pick up a card.
- Go to the place in the house where this suit is based.



- When you get there, whatever number card you have do the task this number of times - eg- Jack of hearts = 11 throw & catches
- Leave the card at the base.
- Go back & choose another card -repeat until all the cards are gone.

How to make both card challenges harder:

-Choose tasks that you think will make you work harder or that you might find tricky

-Use a dice. Decide if you are going to multiply (x) or add (+) (you could write 1-6 on separate pieces of paper if you don't have a dice. Shuffle them & choose)

Roll the dice & pick up a card. Multiply or add the dice number & card number together  
eg : Dice = 4

Card = 7 of Clubs

Task =  $4 \times 7$  crunchies = 28 crunchies or  $4 + 7$  crunchies = 11 crunchies

Enjoy & have fun!!