



MOVEMENT CHALLENGE



MOVE YOUR BODY. HAVE FUN. FEEL GREAT! 

1 MOVEMENT CHALLENGES Try each challenge! Tick the box when you complete it.

1 HOP



Hop on one foot
10 times.

2 BALANCE



Balance on one foot
for 10 seconds.

3 CRAB WALK



Crab walk
for 10 steps.

4 THROW & CATCH



Throw and catch
a ball 10 times.

5 STAR JUMPS



Do 10
star jumps.

6 SKIP



Skip in one spot
for 20 seconds.

7 BEAR CRAWL



Bear crawl
for 10 steps.

8 TIPTOE WALK



Tiptoe walk
for 10 steps.

9 SQUAT



Do 10
squats.


10 STRETCH



Stretch your body
for 20 seconds.


2 REFLECTION TIME

Answer the questions below.

 Which challenge was the easiest for you?

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 Which challenge was the hardest for you?

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 Which movement did you enjoy most?

.....

3 CREATE YOUR OWN CHALLENGE


Make up your own movement challenge!

Draw a picture and write what to do.

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 Everyone can move in different ways.
Be kind to your body and have fun!



REMEMBER:



Keep
moving



Drink
water



Listen to
your body