

# Family CHALLENGE

#Together

## CONNECT FOUR

• Take turns to choose an activity starting on the bottom row. Once you've completed it, mark it off in your colour.

• The first player to complete four activities in a row is the winner – these can be vertical, horizontal or diagonal.



THROW/ROLL an object into a target 15 times in a row	Complete 25 SHUTTLE RUNS	Perform 50 SIT UPS	BALANCE in a plank position as long as possible	PERFORM 50 mountain climbers	PASS a ball around your waist 50 times	MOVE up and down 200 steps
PLAY a game of Boccea	CREATE a short gymnastics sequence	LEARN a karate sequence	PLAY a game of throw tennis	WRITE and perform a sports anthem	PLAN and make a healthy meal	DESIGN a new sports kit
PLAY a game of charades	SQUAT the 3, 5 or 9 timestable	FIND 5 verbs in a book and perform the actions	RESEARCH the rules of a new sport	JUMP and call out prime numbers	HOP / LIFT KNEE and complete 5 subtractions	WATCH a sport event and WRITE a review
TAP a ball on a racket 50 times	BALANCE on both legs for 60 seconds	JUMP over a pillow 60 times	DRIBBLE a ball through 3 objects, 10 times	THROW and catch a ball 25 times	PERFORM an online fitness exercise	PLAY 10 pin bowling
PAINT or draw a sports picture	PLAY active noughts and crosses	RESEARCH and perform the Haka	CREATE a tower with Lego or blocks	PLAY musical statues or musical chairs	Have a running RACE	BUILD a den
RUN / MOVE on the spot for 60 seconds	JUMP on the spot 25 times	Perform 25 SQUATS	SKIP for 60 seconds	Perform 25 STAR JUMPS	SPEED BOUNCE for 60 seconds	HOP / LIFT KNEE for 60 seconds

We'd love to hear about your challenge experience - please @ us on Facebook or Twitter @NorthOxonSSP



YOUTH SPORT TRUST