

Train to Win: Exercise Challenges

Home Learning Physical Activity Ideas

Get Active

* See resource pack for how to play the games and the challenge performance sheet.

Train to win activity sheet - keep kids active at home by challenging them to try a simple activity such as star jumps, jumping jacks or line jumps (jumping from one side of a line to the other with your feet together and knees bent) each day and track their personal best.

Domes and dishes - try to fun group game in the garden or living room to get active and explore the Olympic Value of respect. Use cones if available, or paper plates, books, or toys - anything that you can turn over!

Play Boccia - read the rules for the Paralympics sport of boccia and see if you can adapt and play a game in or outside of the house!

Winter team sports challenge - try these adapted (no snow required) versions of sports from the Olympic Winter Games.