**Sports and Healthy Living Challenges**

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| Set yourself a sporting challenge and try to achieve it. Write what it was, draw a picture or photograph yourself doing it. | Go on a walk or a bike ride and write about it or draw or take pictures. | Invent an outfit for a particular sport (it can be as wacky as you like!) – draw or make it or dress up in it and take a photograph. |
| Keep a fitness diary, listing all the things you do in at least a week to keep fit. | Make a healthy snack and take a photo or bring it into school. | Try to eat 5 a-day. Write or draw pictures of all the fruit and vegetables you eat each day in at least one week. |
| Use everyday items to help you keep fit e.g. stairs/cans of baked beans, etc. draw, write or photograph your idea. | Try a new sport or exercise and draw, write about or take photos. | Make a poster or a video advert about being healthy. |
| Time, measure or count how well you do at a sporting activity, Keep practising and try to improve your best time, distance, score, etc. e.g. number of “keepy-uppies”/ ball bounces/skips, time to run a distance, distance jumped, etc. | Design your own sports kit for the World Cup, Commonwealth Games or Wimbledon or your own bike for the Tour De France. | Use Purple Mash at home to produce something linked with the World Cup (search for Purple Mash, find our county and our school. Login: year1, year2, etc and password: same as login). |