


Healthy Eating Healthy Activity

Welcome to your Moving More Challenges for Week 2.
We would like to you try all of the challenges as a family over the next week.

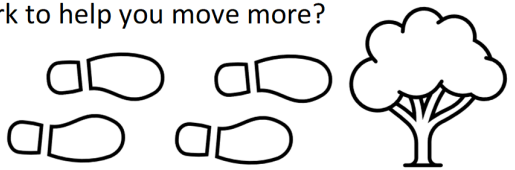
Challenge 1: Family Disco

Ask everyone in the family to pick a tune to create a playlist. Play all of the tunes and dance until the playlist ends. How long were you dancing for? Write the time in the star below



Challenge 2

Write a list of open spaces and parks you can walk to from your home! Can you also write a list of games you think you could play at the park to help you move more?



Challenge 3

As a family why not have a go at the “Happy Hopscotch” Games. All instructions can be found in your activity pack.




Challenge 4: Hi Five Challenge

Have a look at the Ball and Wall Challenge. You have 30 seconds to record your best score. Can you beat this over the week?
<https://www.lrsport.org/hifive-challenges>
Write your top scores in the stars below.




Challenge 5: Family Challenge

Decide on an activity to try as a family. What activities would be fun to try? Don't worry if you are struggling for ideas, the Physical Activity Officer will be able to help you! Write what you tried below:



Did You Know?



Physical Activity can be anything that gets you moving every day, anytime, anyplace, anywhere.

A Physical Activity Officer will ring you during the week to see how you are getting on with your activity challenges. They will be able to talk to you about the activities on this card and tell you about local opportunities to be active near you.



Partnership Working between Active Together, Leicestershire County Council, Blaby District Council, Charnwood Borough Council, Harborough District Council, Hinckley & Bosworth Borough Council, Melton Borough Council, North West Leicestershire District Council and Oadby & Wigston Borough Council.