

Our Healthy Year challenges: Get sporty

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and have fun!

This month's challenge is Get sporty. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Are you ready to Get sporty?



Get sporty

- ☐ Have a family outing to the park and run some races (you could get your child to make up some different types of races like hopping, sidestepping or hurdles), see who can throw a Frisbee the furthest, or play tennis, football or rounders.
- ☐ Build an obstacle course in the garden or park.
- ☐ Go swimming, ice-skating or skateboarding.
- ☐ Suggest your child joins a team or club at school or in the local area to learn a new skill like karate or gymnastics.
- ☐ Not too sporty? Try ten pin bowling or go for a scooter or a bike ride – anything that gets you all moving!

