 Federation of Abbey

**Offline Resources**

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| **Exercise**  Make up your own exercise routine!  *Challenge - can you create one to music?* | **Skipping.**  Learn some tricks or time yourself.  *Challenge - How many can you do in a minute?* | **Throwing & Catching**  Use a ball, frisbee or scrunched up paper.  *Challenge - Can you catch a rebound off a wall?* | **Striking a Balloon**  Strike a balloon with different items in your house or different body parts.  *Challenge -How many can you do without moving your feet?* | **Basketball**  Work on shooting in a target (it does not have to be a hoop).  *Challenge - Can you dribble to a target and then shoot?* |
| **Spectate**  Watch some videos of sports.  *Challenge – can you watch a new sport that you have never seen before?* | **Dancing**  Learn or create a routine.  *Challenge – Can you record the steps to your routine on paper?* | **Fitness**  Work on tasks such as press ups, sit ups and push ups.  *Challenge – can you keep a diary of your progress?* | **Rackets**  Learn how to use a racket.  *Challenge - can you keep a rally going?* | **Football**  Learn how to control a ball.  *Challenge – how many keepie uppies can you do?* |
| **Diet**  Create a food log.  *Challenge – can you create a healthy drink?* | **Gymnastics**  Try different ways to move.  *Challenge – Can you try different shapes and movements such as a forward roll?* | **Athletics**  Work on jumping skills.  *Challenge – what is the greatest standing jump distance you can make?* | **Agility**  Create a ladder using scarfs or a real ladder and run through.  *Challenge – can you travel through a ladder with a ball?* | **Rugby**  Use a scarf as a tag and try to avoid someone catching it.  *Challenge – can you design a new shape of ball?* |
| **Running**  Pick a course and complete laps.  *Challenge - can you time your run?* | **Throwing**  Aim for a target.  *Challenge* - *can you set up multiple targets and keep a score?* | **Bowling**  Set up a target and try to hit them down.  *Challenge – can you compete with a friend?* | **Balance**  Set up an obstacle course.  *Challenge – can you do it without falling off?* | **Outside of the Box**  Be creative and think of your own ideas!  *Challenge – can you share them with someone else?* |

**FAMILY CHALLENGES**

