 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**

