

Healthy Eating Healthy Activity

Welcome to your Moving More Challenges for Week 4.
We would like to you try all of the challenges as a family over the next week.

Challenge 1: Family Sports Day

Challenge your family with sports day activities. Can you make your own relay races (running, walking, egg and spoon) or jumping activities? What activities did you come up with?



Challenge 2: Nature Walk

As a family take a walk to a park and see what wildlife you can spot.

Why not take some photos and have a go at drawing them when you get home?



Challenge 3

Have a go at the wordsearch in your activity pack. How many sports related words can you find?



Challenge 4: Hi Five Challenge

Have a go at the Standing Long Jump challenge. How far can you jump?

<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 helps you build strong bones, muscles, heart, and lungs. Whilst also helping you maintain a healthy weight.

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.



HEALTHY At HOME

Partnership Working between Leicester-Shire & Rutland Sport, 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.