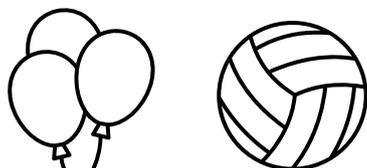


# Healthy Eating Healthy Activity

Welcome to your Moving More Challenges for Week 5.  
We would like to you try all of the challenges as a family over the next week.

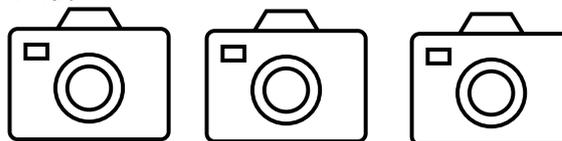
## Challenge 1: Sitting Volleyball

Take the beach ball or balloon from your activity pack. Find a space and get the whole family to play. How long can you keep the ball up for?



## Challenge 2: Picture Walk

Go for a walk and take a picture (or collect an item e.g. flower) of something red, something blue, something green and something yellow. Are there any other colours that you also want to find?



## Challenge 3: Dazzle & Zoom Mascots

Get creative and design a kit for Dazzle and Zoom to take part in sport and physical activity. Find the templates in your activity pack.



## Challenge 4: Hi Five Challenge

Have a go at the speed bounce challenge. How many can you do in 30 seconds? Keep practicing, does your score get better? <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?

You should reduce the time spent sitting or lying down and break up long periods of not moving with some activity.

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.