

# Healthy Eating Healthy Activity

Welcome to your Moving More Challenges for Week 7.  
We would like to you try all of the challenges as a family over the next week.

## Challenge 1: Alphabet Adventure

For this challenge you will have to get your hunting hats on! We want you to find as many objects in your home that begin with the same letter as your name.

You can also spot objects whilst out on a walk, run or cycle.

## Challenge 2: Obstacle Course

Make an obstacle course using things from around your home. How quickly can you complete your course? Here are some ideas; use a blanket as a net to crawl under or put 6 toys in a line with a space in between and use them to weave in and out.



## Challenge 3: Bounce and Catch

Race against gravity to catch the ball as quickly as you can. Try the bounce and catch card in your activity packs.



## Challenge 4: Hi Five Challenge

Have a go at the Speed Dribble Challenge. How many times can you dribble there and back in 30 seconds?

<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?

Did you know that exercise is regarded as a "miracle cure" and very important for staying healthy.

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.