

20 Activities to try at home

1 
Healthy Futures Sporting Challenge

2 
Read a book

3 
Build an obstacle course
Indoor or outdoor using things around your house

4 
Build a sculpture
Use paper, cards or anything else you can find!

5 
Take part in Yoga
Relax and do some Yoga.

6 
Create a dance routine

7 
Invent your own sport
Can you think of a new sport for PE?

8 
Write a letter to your teacher
Tell your teacher what you have been up to?

9 
Do some baking with an adult
Muffins, Cakes, Cookies?

10 
Write a song about school

11 
Build a den

12 
Create a Vlog of your day
Create a video of your day

13 
Plant some flowers / vegetables
Grow something in your garden


14 
Draw a picture for an elderly neighbour or relative
Brighten up someone's day with a picture

15 
Play charades with your family
Get your adults involved in a game of charades

16 
Design a board game
A new game to play with friends and family?

17 
Create a home workout
Help us out and create your own home workout

18 
Create a time capsule
Create a box of things to remind you of this time

19 
Paper Mache (papier-mâché)
Can you make some Paper Mache (papier-mâché)?

20 
Create a stand-up comedy routine
Cheer up your family with some jokes!