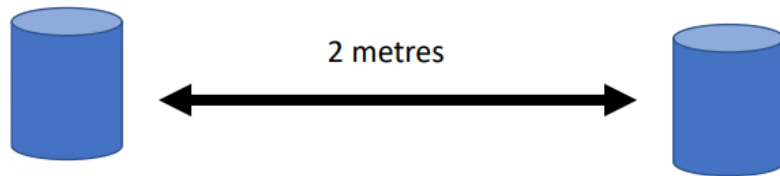


2 Metre Sprint

- Set up a route that is 2 metres apart use an item at home to define the start and finish. It could look like this. Every sprint that you do counts as 1, see how many you can do in 30 seconds. Can you get a medal on day one ?

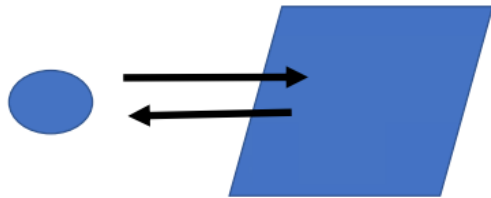


SPEED

MEDAL	SCORE
Gold	20
Silver	18
Bronze	16

Ball Catch

- Using a hard surface or a helper, how many throws and catches can you make in 1 minute with a small ball? If you want to make it harder try using 1 hand to catch. Any drops should not be counted towards the final score. If you don't have a ball roll up some old newspaper.

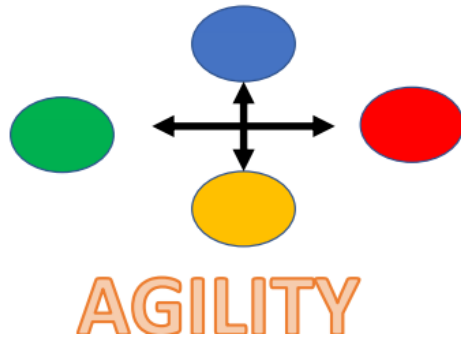


CO-ORDINATION

MEDAL	SCORE
Gold	60+
Silver	40 - 59
Bronze	20 - 39

Compass

- Choose 4 items found in the house to mark out a 4 point compass or diamond shape this could be 4 of your favourite toys. Once you have 4 points, get someone to call out the names of those items and see how fast you can touch them and back to the middle. 1 Minute how many touches can you do.



MEDAL	SCORE
Gold	40
Silver	30
Bronze	25

Plank Challenge

- Using a floor space try to see how long you can hold the plank position for (see image below). Get someone to time you and see if you can go for gold, why not challenge your parents to a game.



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STRENGTH

MEDAL	SCORE
Gold	1 Minute 30 Seconds
Silver	1 Minute
Bronze	30 seconds

Speed Bounce

- Using an item at home make a line on the floor (ideally a hurdle would be great) using both feet try to jump over that line as many times as you can in 30 seconds.



ENDURANCE

MEDAL	SCORE
Gold	30+
Silver	25
Bronze	20