

20 Activities to try at home

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1 Healthy Futures Sporting Challenge
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2 Read a book
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3 Build an obstacle course
Indoor or outdoor using things around your house
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4 Build a sculpture
Use paper, cards or anything else you can find!
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5 Take part in Yoga
Relax and do some Yoga.
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6 Create a dance routine
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7 Invent your own sport
Can you think of a new sport for PE?
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8 Write a letter to your teacher
Tell your teacher what you have been up to?
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9 Do some baking with an adult
Muffins, Cakes, Cookies?
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10 Write a song about school
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11 Build a den
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12 Create a Vlog of your day
Create a video of your day
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13 Plant some flowers / vegetables
Grow something in your garden
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14 Draw a picture for an elderly neighbour or relative
Brighten up someone's day with a picture
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15 Play charades with your family
Get your adults involved in a game of charades
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16 Design a board game
A new game to play with friends and family?
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17 Create a home workout
Help us out and create your own home workout
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18 Create a time capsule
Create a box of things to remind you of this time
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19 Paper Mache (papier-mâché)
Can you make some Paper Mache (papier-mâché)?
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20 Create a stand-up comedy routine
Cheer up your family with some jokes!