

# Get Active this Winter 14 Day Challenge

Choose from the list of activities and do one every day for 14 days. Mark off each day as you go. You might like some of the activities better than others, so feel free to repeat them. You might like to challenge yourself and do a different activity each day. The choice is yours.

**1 2 3 4 5 6 7 8 9 10 11 12 13 14**

## Moving Fast

Get outside on your bike/  
scooter/roller skates/  
skateboard/roller blades



## Running

Running races/running against  
the clock/run around the  
block



## Moving Slow

Do some Yoga/Tai Chi



## Skipping

Jump rope by yourself or in a  
group

## Up in the air

Jump on the trampoline/star  
jumps/play leap frog



## Stretching

Yoga/pilates/warmup  
stretches/stretching regime/  
gymnastics



## Skills

Practise ball skills. Soccer/  
tennis/football/netball/golf/  
cricket/tennis



## Through the air

Paper planes/grip ball/  
archery/zip line/frisbee

## In the Studio

Just Dance/line dancing/  
ballet/tap/hip-hop/dance like  
no one's watching!



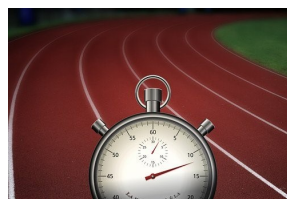
## Walking

Walk around the  
neighbourhood/walking  
races/walk against the clock



## Up and Down

Get active with squats/  
climbing stairs/burpees/salute  
to the sun



## Best Time

Beat your best. Choose an  
activity & time yourself. Can  
you beat your best time or  
number or repetitions?

## Circus skills

Learn to juggle. Use rolled up  
socks or oranges or tennis  
balls



## Winter Olympics

Choose several activities to do  
on one day. Time yourself or  
compete against family/  
friends

