

# Western Region Active Holidays Challenge

Get active once, twice or every day, it all counts! Get involved 20 September to 3 October. Try as many activities as you like

Boost the whole family's health and wellbeing at home or outdoors these school holidays while keeping safe under current Covid restrictions.

## Activity Suggestions – Discover or enjoy your own!

### Give it a go!

Learn to Juggle <https://www.getactive.vic.gov.au/around-home/challenges/>

Hula Hooping <https://www.getactive.vic.gov.au/around-home/challenges/>

Skipping <https://www.youtube.com/channel/UCnHv2PbBED8fi7Amv5a5Stg> and Elastics  
[https://www.youtube.com/playlist?app=desktop&list=PLU2pwWTgqbHOiH6kquupxUAn\\_1i1-hBn3](https://www.youtube.com/playlist?app=desktop&list=PLU2pwWTgqbHOiH6kquupxUAn_1i1-hBn3)

Enable – Fitness for all <https://aaaplay.org.au/activity/for-home/enable-fitness-all>

Your Choice

### Challenge

Choose a Get Active Victoria Challenge <https://www.getactive.vic.gov.au/around-home/challenges/>

Distance Timed Run Challenge – e.g. 2km

Balloon tap – how many times can you tap the balloon before it hits the ground?

Target Challenge using socks and buckets

Create your own challenge

### Adventure

Walk/ Run / Cycle/ Wheel/ Scooter/ Skate to somewhere different.

Walk/ Run / Cycle/ Wheel/ Scooter/ Skate a new route there and back

Hide & Seek/ Simon Says/ Follow the Leader *\*Mix it up by adding time challenges and extra fitness exercises (squats/push ups/lunges) each round.*

Scavenger/ Treasure Hunt: Choose a theme and find 5 things when you go out

Choose your own adventure

### Just for fun

Bounce:

- On a Hopper
- Trampoline
- Go Go Ball

Hop-Scotch and Other Chalk Games <https://ladyandtheblog.com/10-sidewalk-chalk-games-for-kids-outdoor-play/>

Obstacle Course at home

Dance Party – put on your favourite tunes or use [Get Active Victoria https://www.getactive.vic.gov.au/around-home/games/](https://www.getactive.vic.gov.au/around-home/games/) for some inspiration

Your choice

**Try-athlon** - Connect different activities together for a fun combo

Find a loop close to home and alternate activities: Run–Bike–Run

Run–Scooter–Run

Walk–Run–Walk–Run \*Interval bursts are a great way to slowly increase your fitness

Connect sport skills and fitness activities: Football/Basketball–Star Jumps–Catching practice–Run

Your choice – Adjust time, distance and activity type to suit

**30 minute activities** – Simple activities you can do when it suits

Walk/ Wheel

Jog/ Run

Bike Ride

Scooter/ Skateboard

Your choice

**Getting involved is easy for the whole family:**

1. Discover activity suggestions for kids and adults above or enjoy your own.
2. Record each activity and total minutes completed across the two weeks.
3. At the end of the challenge submit your activity to win great prizes and celebrate your achievements.

**Example activity recording:**

Day and date:

Activities:

Total Minutes:

The Western Region Active Holidays Challenge is a joint initiative brought to you by Brimbank City Council, Hobsons Bay City Council, Maribyrnong City Council, Melton City Council & Wyndham City Council.

Contact your local Council for any questions about the Challenge, details can be found here: <https://www.wyndham.vic.gov.au/wrahc>

## **Disclaimer**

*The Western Region Active Holidays Challenge is a collaboration between Brimbank City Council, Hobsons Bay City Council, Maribyrnong City Council, Melton City Council and Wyndham City Council ('the Councils').*

*The activities in this activity card are suggestions only and do not take into account your/your family's particular circumstances. You are entirely responsible for deciding whether the activities are suitable for you/your family and you use the activity card and undertake the activities at your/your family's own risk. Children should be supervised by an adult when undertaking physical activity.*

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