

Jump into Sport

14 Day Get Active 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



Skiping

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!



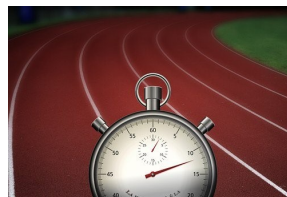
Walking

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



Mini Olympics

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

