

ACTIVE SUMMER CHALLENGE



St Joseph's Catholic Primary School

THE IDEA BEHIND OUR CHALLENGE...

We have lots of fun being active at school and this summer we thought it would be great idea to challenge you to keep being active while you are having fun in the sun! We have given you plenty of ideas in this booklet on ways to keep active this summer, and we challenge you to think of some other fun activities and let us know how you got on with photographs, stories or other ways to share your ideas with your teachers and friends when you come back in September!

There is a racetrack at the end of this booklet with boxes for you to fill in. We'd love you to complete at least 10 active challenges.

Have fun being active this summer and good luck!



SOME FUN IDEAS FOR YOUR ACTIVITIES...

Go for a walk

Go for a swim

Run having a water fight

Create an obstacle course

Go on a nature scavenger hunt

Fly a kite

Beach volleyball

Kayaking/canoeing

Play beach bat and ball

Go surfing

Gymnastics

Lilo racing

Go for a bike ride

Learn a skill eg. skipping

Go to the park

Play a team sport

Play catch with a ball

Play a game of cricket

Go on a bug hunt

Go on a pedalo

Go skateboarding

Make up a dance routine

Play boules/petanque

Water aerobics



PICTURES & DRAWINGS

Either stick some photos here or draw a picture of you doing the activity!



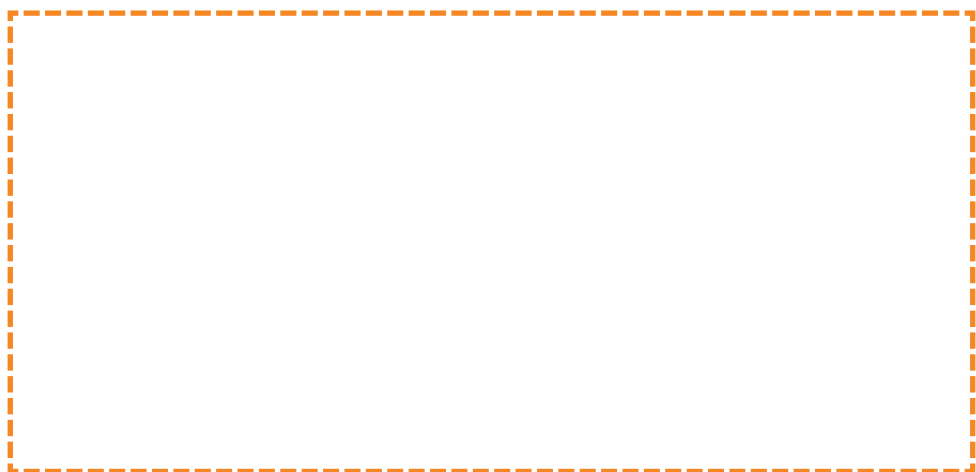
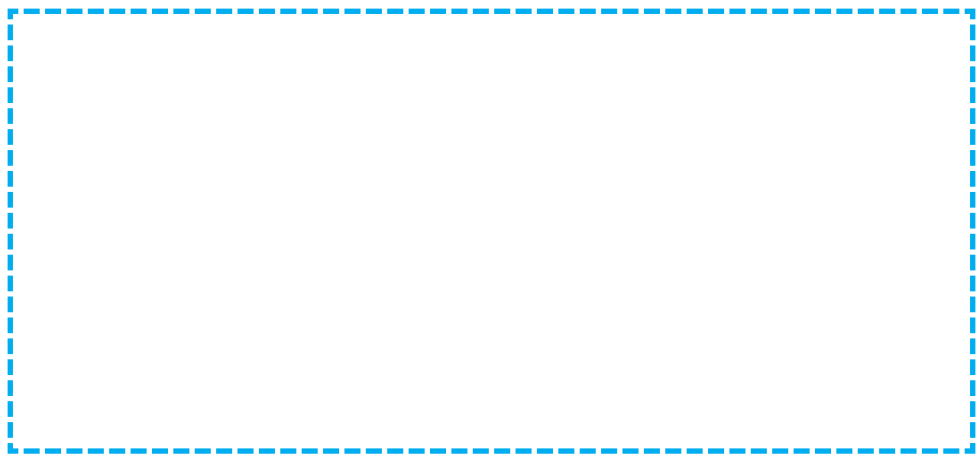
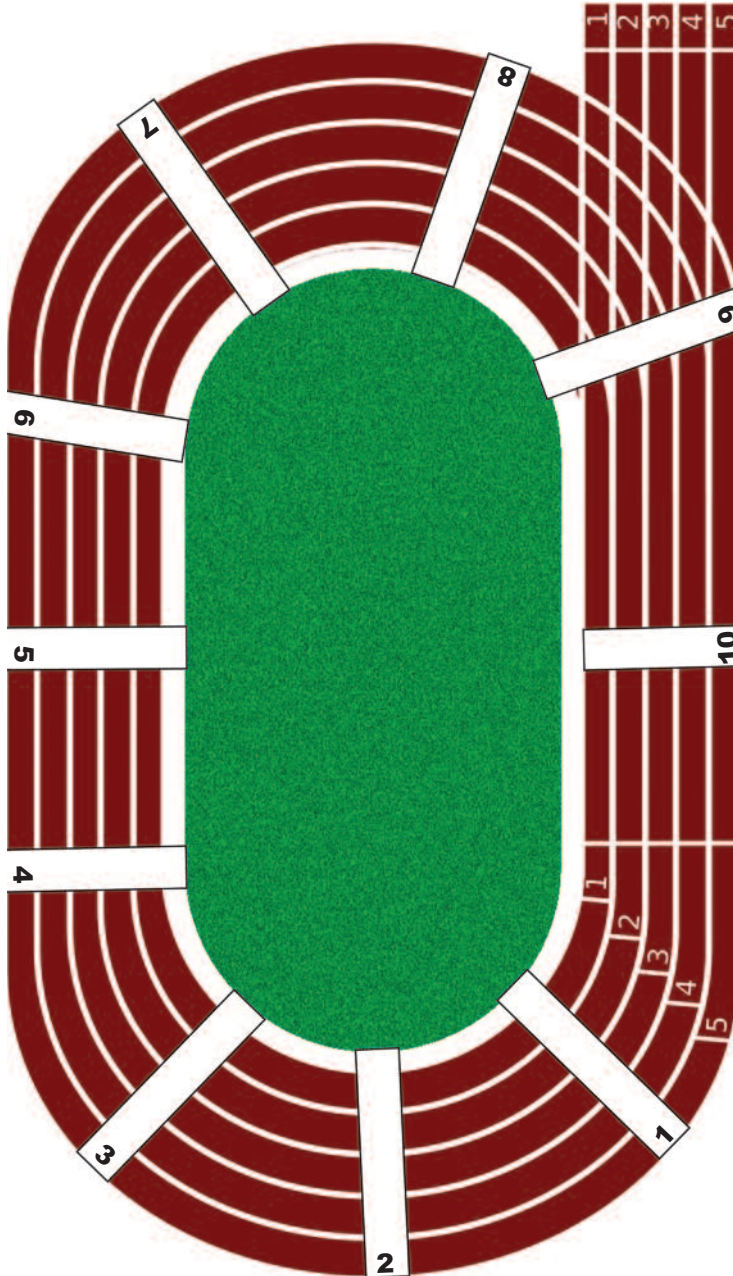


CHART YOUR PROGRESS AROUND THE RACETRACK...

Write which active challenges you completed in the boxes.



YOUR CHALLENGES...

Please write a brief description of the challenges you completed below...

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

YOUR IDEAS...

Did you come up with your own ideas? We'd love to hear about them...

A large rectangular box with a green dashed border, intended for writing ideas.A large rectangular box with an orange dashed border, intended for writing ideas.A large rectangular box with a blue dashed border, intended for writing ideas.A large rectangular box with a pink dashed border, intended for writing ideas.