

MONDAY CHALLENGE

active
parents



CHALLENGE: WHO CAN DO
THE MOST STAR JUMPS
IN 1 MINUTE!
3 TIMES A DAY



STAR JUMPS!

TUESDAY CHALLENGE

active
parents



WHO CAN DO THE
MOST KEEPIE UPS IN
ONE DAY



KEEPIE UPS!

WEDNESDAY CHALLENGE

active
parents



WHO CAN STAND THE
LONGEST IN A YOGA
TREE POSE
(COUNT YOUR TIME)



YOGA TREE POSE!

THURSDAY CHALLENGE

active
parents

★
HOW MANY JUMPS
CAN YOU DO OVER AN
OBSTACLE IN 30 SECS
3 TIMES A DAY



JUMPS!

FRIDAY CHALLENGE

active
parents



WHO CAN SKIP THE
MOST IN ONE DAY
(COUNT YOUR SKIPS)
3 TIMES A DAY



SKIPPING!

COVID-19

STAY ALERT, STAY SAFE, KEEP ACTIVE



**WASH HANDS REGULARLY
FOR 20 SECONDS**



KEEP YOUR DISTANCE



**WEAR A MASK OUT
IN PUBLIC**

WWW.EXCEL-R-8.CO.UK/ACTIVEPARENTS



HM Government

In partnership with

**THE NATIONAL LOTTERY
COMMUNITY FUND**