  

Can you complete the activities below?

Try one a day, or 4 a day. Want to share a video of you doing the challenge. Tweet to @dorsetgames

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Sock keep-ups | Standing Long jumpCan you jump your own height? | Sock Juggling | Plank Challenge | Speed Bounce | Sock keep-ups pairs | Target sock golf |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Obstacle course | Sock hand tennis keep ups | Cha Cha Slidedance | Skipping | Standing triple jump | BlindfoldedBalance on 1 leg | Musical statues |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Stair speed climb(Up only) | Learn 5 Fortnite dances | Crab football | Jog to Happy by Pharrell WilliamsBurpee Every Happy | Agility Run challenge | Press up position hold challenge | V-sit holdchallenge |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Blindfold Obstacle challenge | Press up position hold | Wall Sit challenge |  Football dribble shuttle runs |  Sock Cricket bowl into a target | Pairs sock juggling  | Learn the Haka dance or make up your own |