

THE NORTH DORSET PHYSICAL ACTIVITY BUCKET LIST

Run / jog or scoot 2km <input type="radio"/> tlcK ME	Go for a 30 min walk 4 times in a week <input type="radio"/> tlcK ME	Make a healthy lunch choice every day for a week <input type="radio"/> tlcK ME	Make a family fitness star chart and hold a family competition <input type="radio"/> tlcK ME	Learn a new skill or trick in a sport of your choice <input type="radio"/> tlcK ME
Eat at least 5 portions of fruit & veg every day for a week <input type="radio"/> tlcK ME	Go on a dog walk <input type="radio"/> tlcK ME	Design a new strip/kit for any team or sport of your choice <input type="radio"/> tlcK ME	Alphabet challenge – name 1 team/sport per letter of the alphabet <input type="radio"/> tlcK ME	Home circuit – visit each room in your house & do 10 reps of an activity of your choice eg. Sit ups <input type="radio"/> tlcK ME
Choreograph a dance routine <input type="radio"/> tlcK ME	Throw a tennis ball against an outside wall 20 times without dropping it <input type="radio"/> tlcK ME	Help an adult plan & prepare 3 different healthy meals <input type="radio"/> tlcK ME	Run up the stairs 10 times <input type="radio"/> tlcK ME	Do a Joe Wicks workout <input type="radio"/> tlcK ME
Walk or climb up a HUGE hill <input type="radio"/> tlcK ME	Use a map to follow a route <input type="radio"/> tlcK ME	Make a healthy smoothie <input type="radio"/> tlcK ME	Teach someone a new skill <input type="radio"/> tlcK ME	Take part in a Dorset School Games virtual challenge <input type="radio"/> tlcK ME
Go for a bike ride <input type="radio"/> tlcK ME	Explore a forest or wood <input type="radio"/> tlcK ME	Try making and flying a kite <input type="radio"/> tlcK ME	Make an obstacle course <input type="radio"/> tlcK ME	Try a new fruit as part of a daily snack <input type="radio"/> tlcK ME
Try a new vegetable as part of a daily meal <input type="radio"/> tlcK ME	Visit the Dorset School Games YouTube skipping channel and learn/practise skipping <input type="radio"/> tlcK ME	Learn a 'just dance' routine from YouTube <input type="radio"/> tlcK ME	'Attend' the YST after school sports club - www.youthsporttrust.org/AfterSchoolSportClub <input type="radio"/> tlcK ME	Learn to juggle – start with 2 balls – use things like rolled up socks if you don't have balls <input type="radio"/> tlcK ME

Activities can be done in any order. If you do one of the activities more than once, start a tally next to your original tick. But, make sure you stay safe and take appropriate precautions when trying anything new.



Your name:

How many did you complete?

