

# THE POOLE PHYSICAL ACTIVITY BUCKET LIST

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

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?

