

Haktive at Home

Week 6

A mixture of challenges this week to capture everyone's imagination.

"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day

1. Put on some great music and dance. Let yourself go or play copy cat, taking it in turns to create a move for the other person to copy or musical statues. Dancing can use a lot of energy so try to keep going and have some fun. "Dance like no one is watching".



2. Have a start point and as far away as you can have an end point (could use cones or tins etc) Run to the end point and back, then do skipping, hopping, monkey crawl, side steps etc. Could time it, 1 run, 5 runs, 10 runs and try to reduce that time.

3. Sequence - make up your own work out from star jumps, spotty dogs (1 foot and opposite arm forwards and jump to switch) burpees, shuttle runs etc. Do 5 of each, then 10 of each, then 5 again.

4. Have a target in the centre of your playing area (box, basket, tin, the smaller it is the harder). Take 3 /5/10 steps back, then throw an object (ball, socks, toilet roll) into/on the target.

5. Stretching - stand up or lie down, reach as tall/long as you can, then try to touch your toes. Curl as small as you can. Try some Yoga poses, for example down dog.



6. Have an exercise that each person has to do every time they enter a particular room for a whole day. eg Dad in the kitchen does 10 star jumps.

7. Donkey - Pass a ball (or toy) to each other, if someone drops it they get the letter D, if they drop it again an O until Donkey is spelt. The first to spell Donkey loses. Consider the distance apart you are (the further the harder) and the size of the object (the smaller the harder).

Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.