

Haktive at Home

Week 7

All this week's challenges can be competitive - have a go, beat your number, time, distance, sibling or parent. Remember it's not all about the winning.

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

The Haktive Challenge-a-Day

1. Speed bounces - place a cereal box on its side or upright (more challenge) and jump over it. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.



2. Create laps or shuttles in your space. Time how long it takes to do 5,10,20 laps/shuttles. Record it, compare it, beat it.

3. Catching - have a ball in one hand and throw it to the other hand. Or rebound against a wall, using alternate hands. Count how many bounces in 20, 30 seconds, 1 minute. Record it, compare it, beat it.

4. Sock Tails - Place 2 socks in your waistband. Try and get the other person's socks without them getting yours. Do it in timed sections (restart with 2 socks), try to get from one end of an area to the other, have extra socks or could have a selection of toys each and try to get each others.

5. Rock, paper, scissors - 2 people face each other in the middle of the biggest space you have. Whoever loses rock, paper, scissors has to turn and run away, the winner has to try and catch them. First to 10 wins.

6. Reaction Box - place a box or tub in each corner to make a square and stand in the middle. Either time how quickly it takes to touch a corner and return to the middle going to each corner 3 times. Or have a pile of socks/pencils/toys in the middle and one at a time put them into each corner until the pile is gone, then one at a time return them all to the middle again.

7. Keepy Uppies - use any ball or balloon and using just your feet keep it off the floor. How many can you do in 30 seconds, 1 minute? Challenge the whole family or try to beat your score.

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