

25 things to keep you busy and active!

1. Pick your sporting hero and write a few sentences / or paragraph about them
 2. Try some yoga www.youtube.com/user/CosmicKidsYoga
 3. Read a sporting book / comic
 4. Learn how to take your resting heart rate
 5. Create a 'Dream Team' of your favourite players of the sport of your choice
 6. Learn how to juggle [Steps on How to Juggle](#)
 7. Skip for 1/2/3 min continuously
 8. Hold a plank for 30sec/1min every day (Mon-Fri take the weekend off!)
 9. Create a dance to a song of your choice
 10. See how many of the major bones in your skeleton you can learn
 11. Complete a High Intensity workout session [Joe Wicks 5min Workouts](#)
 12. Plan a game for everyone in your household to take part in
 13. Write a match report / speak some commentary for a famous sporting event
 14. Plan a day's diet for your sporting hero
 15. Design your own team uniform of your sport of your choice
 16. Try the <https://www.daviessports.c0.uk/60-second-personal-challenge> (6 each week?)
 17. Learn a new skill from the sport of your choice
 18. Design a new sport/game
 19. Challenge a family member to a sport/game of your choice
 20. Commentate on your favourite sporting moment (or on a family event!)
 21. Record the number of steps you can do bouncing the ball between your legs
- Watch this video to help you [How to dribble ball between your legs](#)
22. Make your own top trumps card with you as the person, what are your skills and strengths?
 23. Improve your score on the [Wall Catch Test](#)
 24. Complete over 25,000 steps in a week
 25. Have a kitchen/patio disco – everyone choose their 3 favourite tunes and dance away!