

## PHYSICAL ACTIVITIES:

Choose from the following activities:

1. Challenge a member of your family to skip for 5 minutes / to jog around the garden / to do 20 star jumps.
2. Choose an activity from the January Active Calendar.
3. Set up an obstacle course in the garden.
4. Build a den.
5. Play football with a member of your family.
6. Make up your own active challenge.