

# Challenge Sheet

Once you have completed a challenge fill out a box in your advent with which one!  
You could even cut it out and stick it on

Practice your moves for the Christmas disco with the Disney Dance Along



Go out with a family member for a walk to a local park



Make a healthy meal from the *change 4 life* App Smart recipes



Go to your local park and use 5 pieces of the outdoor gym equipment



Go Geocaching! Find 1 successful Geocache



Be healthy this Christmas and make a fruit kebab!



Can you reach 10,000 steps in one day?



Find your local junior park run or park run.

Attend once this month as a family



Take part in a sport / physical activity session in your local community



Create your own game using any equipment in the house



Reach your make your move goal for the week!



Can you use active travel to get to school?



Go on a Christmas lights walk in your local area



Make your own obstacle race for the family



Ask your guardian to show you an outdoors game they used to play as a child



Complete a 5 minute workout at home with a family member



Complete 100 star jumps in one day



Take the stairs instead of the lift when you go shopping



Write a letter to Santa on why he should do some physical activity to keep him healthy



Turn over for some help with the challenges



## Send us a photo completing one of the challenges on social media using the hashtag #LRSFamilyAdvent

When you have completed the challenge you can either send us a photo of your entry via social media or email your sheet to [l.whelband@lrsport.org](mailto:l.whelband@lrsport.org)



Visit your local park with an outdoor gym and try out the equipment!

Make a healthy lunch over the festive period – head to [www.nhs.uk/change4life](http://www.nhs.uk/change4life) recipes for some great ideas!

Find your local country park and go for a walk as a family over Christmas! [www.lrsport.org/activeinyourcommunity](http://www.lrsport.org/activeinyourcommunity)

Go onto [www.thisgirlcan.co.uk/activities/disney-workouts](http://www.thisgirlcan.co.uk/activities/disney-workouts) and follow on of the Disney Dace Along workouts at home!

Walk, Run, Skip or Jog your local park run in December! Find your nearest one here [www.parkrun.org.uk](http://www.parkrun.org.uk)

Use your smart phone or watch to track how many steps you are taking. Can you reach 10,000 steps in one day?

Head to [www.bbcgoodfood.com/recipes/rainbow-fruit-skewers](http://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers) to make a fruit kebab and break up the festive treats!

Geocaching is an outdoor treasure hunting game! Download the Geocaching app now [www.geocaching.com/play](http://www.geocaching.com/play)

Pick a day and plan to walk to school in December.

Live to far away? Park further away from the school and walk in.

Go to [www.lrsport.org/activelife styles](http://www.lrsport.org/activelifestyles) to download the family activity tracker to help you track your activity!

Be creative and make up a game at home eg. can you use old milk bottles and a newspaper to make your own skittles game

Use the LRS Get Active Search Engine to find one you like! [www.lrsport.org/getactive](http://www.lrsport.org/getactive)

Why not break it into 1 minute exercises, each family member can choose an exercise. Hop? Skip? Star Jumps?

Try something new or old over Christmas & play a game outdoors that one of the adults in the family played as a child

At home, in the park, in the garden can you be creative and create you own family obstacle race.

Go for a walk around your local area Christmas lights, try make this a 30-minute walk to help reach your move goal for the week

Write a letter to Santa explaining why he should take part in some physical activity, and the benefits of being active.

As a family can you challenge each member to take the stairs if you can, rather than using the lift

This challenge is about giving it 100% Can you get a sibling or family member to do it with you?

