

**KEEP FIT  
NAME  
GAME**

Using these fitness challenges  
can you complete your first  
name or full name?

A

Balance on one foot for 10 seconds

B

Walk up and down the stairs 2 times

C

Wave your left arm like you are hitting a tennis ball for 10 seconds

D

Balance a ball on your head

E

Run in place for 10 seconds

F

Pretend to climb a tree for 20 seconds

G

Move your arms in breast stroke for 10 seconds

H

Walk backwards for 10 seconds

I

Take the biggest steps you can for 7 steps

J

Crouch down low then jump up high 5 times

K

Do 10 star jumps

L

Shake your whole body for 10 seconds

M

Touch your toes 10 times

N

Jump as far as you can for 20 seconds

O

Lie on the floor and paddle your feet for 10 seconds

P

Stretch up to the sky and down to the ground 10 times

Q

Walk sideways for 10 steps left and then right

R

Hop on your right foot 10 times

S

Hop on your left foot 10 times

T

Head, shoulders, knees and toes! 5 times

U

Wave your right arm like you are hitting a tennis ball for 10 seconds

V

High knees for 20 seconds

W

Hop to the nearest door and back

X

Move your arms in back stroke for 10 seconds

Y

Sit and then stand up 10 times

Z

Jump up and down 10 times



Challenge  
your friends  
and family!

**PUZZLE SHEET**

**Sports equipment match!**



Draw a line to the matching sports equipment



Can you find the 10 sports hidden in this word search?



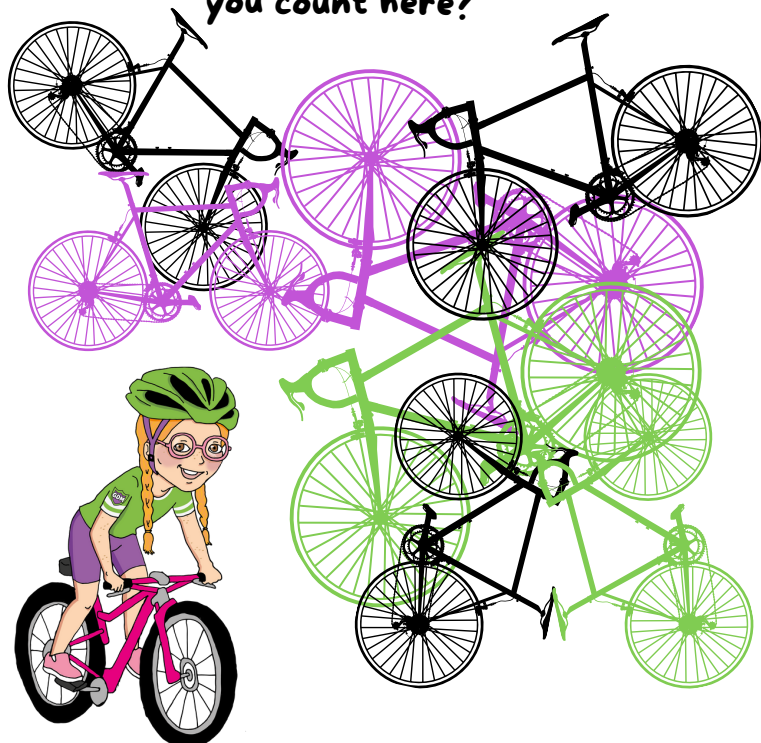
**Sports word search**

T E N N I S N Y N H N O C  
K A J B J J S X P R J R F  
P W L O W P W A W U Q U O  
J F T X K C I R C N T J O  
S B B I B B M B V N E N T  
Y V X N V P M V G I K V B  
B B I G O X I R N N C B A  
R E J A J D N U I G I B L  
G U B E B B C B L H R O L  
O C G U T C L X C A C X C  
L I B I I E U Y U I I E  
F N N W Y U N V C N L N N  
U D B A D M I N T O N G R

**TENNIS  
FOOTBALL  
SWIMMING  
RUGBY  
CYCLING**

**RUNNING  
BADMINTON  
BOXING  
GOLF  
CRICKET**

How many bikes can you count here?



**Sports Ball Sudoku!**  
Can you complete the table so there is a different ball in each row, column and 2x2 square?


Share a photo of your completed sheet or a selfie on social using #sportingsuperhero to be in with the chance of winning tickets to sporting events



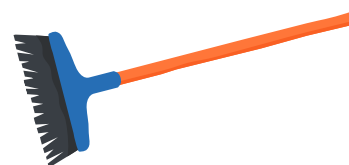
## MAKE YOUR OWN OBSTACLE COURSE!

For a fun summer holidays activity why don't you have a go at setting up your own obstacle course at home. They can be easily made with objects found at home.

Set up 6 stations around your home or garden, here are some ideas to get you started!

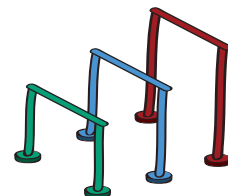
### 1. BALANCE BEAM

Lie down a long piece of wood or a broom, or use a long piece of rope or string and lay it down in a straight line. See if you can walk in a straight line and 'balance' along it to the end!



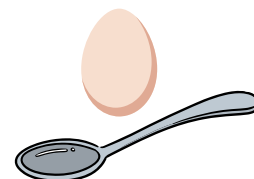
### 2. HURDLES

For this obstacle you will need to balance some long sticks across 2 objects to create hurdles. Maybe use a couple of tins or some sauce pans. How quickly can you jump over them without knocking the sticks off?



### 3. EGG & SPOON

You will need a spoon and an egg or a small ball such as a golf ball. Decide where your start and finishing points are then see how quickly you can walk between them while balancing the egg or ball on your spoon without dropping it!



### 4. BEAN BAG BALANCE

Fill a sandwich bag with rice or pasta and seal the bag closed. Decide where your start and finishing points are then see how quickly you can walk between them while balancing the bag on your head without dropping it!



### 5. ARMY CRAWL

Lay a big sheet or blanket out and trap the edges down two sides with cushions or something heavy to keep the sheet in place. Crawl underneath the blanket from one end and out the other side as fast as you can!



### 6. STEPPING STONES

Create some stepping stones by placing 8 - 10 flat objects on the ground. You decide how far to space them apart and see if you can jump between them without touching the ground!



Try and beat your best time!

Invite a friend to test it out!

Make your own challenge chart!

