



Instructions:

- For this weekend's challenge, all you need is some chalk and a bit of creativity!
- If you don't have any chalk, maybe use a pen and write on used cereal boxes or other cardboard.
- All you have to do is think of other different sporting movements and try to be as creative as possible when planning your activity walk.
- Use some of the images on the left for some ideas on how to plan out your activity walk.

Extra Challenges:

1. To make this more competitive, time how long it takes you to complete your activity walk and then try to beat your personal best time!
2. If you have a partner, you can always try to compete against their time!

For Daily Challenges visit:

www.valeroyschoolsport.org/home-learning



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