

Multi-Sports
.co.uk



CHALLENGES

These are unusual times but there are always opportunities for us to keep **active!**



So let us introduce our new Multi-Sports Challenges - for both weeks of the Easter Holidays, we will be assigning missions for all the aspiring superhero's of the household to get involved with.

They will be fun, require little (or no) materials and can be done individually or as a whole family.

2 challenge accomplished

TRAINEE



4 challenges accomplished

SIDEKICK



All 6 challenges accomplished

SUPERHERO



Certificates are available to print out once your mission is complete and it is recommended that a **victory dance** is done on receiving the certificate.

Mission successful? Great!
We would love to see pictures of it!





CHALLENGES

1



2 + friends



Watch out
for furniture



Take as long
as you need!

Freezing Dance Game

- ✓ Find something to play music on and choose a DJ.
- ✓ Start dancing and do your best moves!
- ✓ When the DJ stops the music, you all freeze.
- ✓ If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!

Hide and Sheep

- ✓ Grab 10 toys and 2 towels.
- ✓ The toys are your sheep. Share them equally between yourself and a friend.
- ✓ Use the towels to make a home for your sheep.
- ✓ You hide your friend's 5 toys, then they hide your toys.
- ✓ On the count of 3, both go and find your sheep and bring them home to the pen. The first one to find their 5 toys wins!



2 + friends



Ask before
you use



At least best
of 3!



Multi Dance



CHALLENGES

3

- ✓ Using the word multi-sports, create a dance or exercises for each letter.
- ✓ For example L: leg swings.
- ✓ Put all these dance moves/ exercise's into a routine.
- ✓ Invite the rest of your family to watch your final performances.



1 + friends



Make sure everyone is involved!



Take as long as you need

Walk the Plank

- ✓ Every player starts with 20 points.
- ✓ Using either string, tape or natural lines on the floor, make a winding circuit where you have to try and stay on the plank and not fall in.
- ✓ If you fall in you loose 5 points.
- ✓ The person who gets the most points wins.



1 + friends



Ask before
you using
tape or string



As many
goes as you
like!



CHALLENGES

5

I Took to a Picnic...

- ✓ Sit in a circle.
- ✓ One person starts with "I took to a picnic..." adding a item at the end of the sentence.
- ✓ The next person has to repeat it and add their own item as well.
- ✓ Go around the circle adding in more items.
- ✓ Keep going until one winner remains and can recite the whole picnic in the correct order.



2 + friends



Don't write them down!



Have as many games as you like

Keep it Up

- ✓ Using any type of ball or a toilet roll...
- ✓ See how long you can keep it up without it hitting the floor.
- ✓ You can use your feet or hands when playing.



Put in '**toilet roll keepy uppy**' into YouTube for ideas



1 + friends



Play in
space!



As many
goes as you
like





7



1 + friends



Ask before
you use!



Have as
many games
as you like

“He shoots. He scores”

- ✓ You need a scrap pieces of paper and to screw it into a ball.
- ✓ Using bowl shaped items in the house, make as many targets as you can.
- ✓ Give more points for harder shots.
- ✓ Person who gets the most points wins!

Trust

- ✓ Clear an area, then lay out an obstacle course of cushions, toys and balls.
- ✓ Choose 1 person to be blindfolded using a tea towel.
- ✓ The other player shouts out instructions to avoid the obstacle.
- ✓ Keep count of how many times you touch an obstacle.
- ✓ Swap and whoever gets the lowest number wins.



2 + friends



Ask before
you use



As many
goes as you
like!





9



4 + friends



You need
space!



Take as long
as you need

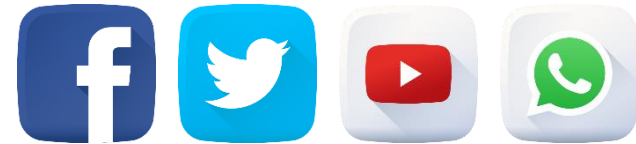
Rock-Paper-Scissors Hopscotch

- ✓ Put down a line of hoops or something to mark the floor.
- ✓ Make two equal teams.
- ✓ One person from each end starts jumping in each hoop until they meet in the middle.
- ✓ Stop! and play rock, paper, scissors.
- ✓ Who ever wins continues jumping.
- ✓ The whole objective is to make it other teams last hoop.



Print the certificates off to praise them for their efforts.

We would love to see pictures of this too!



2 challenges accomplished = Trainee

4 challenges accomplished = Sidekick

6 challenges accomplished = Superhero