



Can you complete the activities below?

Try one a day, or 4 a day. Want to share a video of you doing the challenge. Tweet to @dorsetgames

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sock keep-ups	Standing Long jump Can you jump your own height?	Sock Juggling	Plank Challenge	Speed Bounce	Sock keep-ups pairs	Target sock golf
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Obstacle course	Sock hand tennis keep ups	Cha Cha Slide dance	Skipping	Standing triple jump	Blindfolded Balance on 1 leg	Musical statues
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stair speed climb (Up only)	Learn 5 Fortnite dances	Crab football	Jog to Happy by Pharrell Williams Burpee Every Happy	Agility Run challenge	Press up position hold challenge	V-sit hold challenge
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Blindfold Obstacle challenge	Press up position hold	Wall Sit challenge	Football dribble shuttle runs	Sock Cricket bowl into a target	Pairs sock juggling	Learn the Haka dance or make up your own