

Healthy Homework

Can you complete as many challenges on a daily basis, they don't have to be in order, but the challenges you complete are all worth the points of the challenge i.e. challenge 1 = 1 point. By the end of the week can you add all your points together to get a final score.

GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Challenge	
1	Each time you want to have some food you must do 10 squats before and after you eat that item?
2	Each time you eat a palm portion size can you come up with a creative high 5 routine?
3	Can you help organise the food items in your cupboard?
4	Instead of sitting down whilst using an electronic device can you stay standing?
5	As soon as you wake up and get out of bed, march on the spot for 2 minutes.
6	When brushing your teeth for 2 minutes can you wiggle?
7	Can you come up with your own dance routine by yourself or with a family member?
8	Before you put a potato in to cook, can you throw it up in the air and catch it 5 times?
9	Just before you go to bed, can you get a pair of socks and throw and catch 5 times?
10	When going upstairs, every time you go up 3 stairs, you must go back a step until you get to the top.
11	Each time you see less than 5 and less than 3 on a food label can you hop 5 times on the spot with that food item?
12	Each time you see more than 5 and more than 3 on a food label can you hop 10 times on the spot with that food item?
13	Each time you go from one room to another room can you try and jump 5 times?
14	When you wake up, can you get a pair of socks and throw and catch 10 times?
15	Every time an advert is on the television you must do continuous star jumps.
16	Before opening or taking a drink from a bottle can you try and do 15 bicep curls?
17	Go in your back garden and do 25 star jumps.
18	Can you challenge yourself every day to hold the longest plank and try beat the time the next day?
19	Can you try and get 5,000 steps in a day? Remember you must stay at home!
20	Could you try and complete the skipping 2 minute challenge every day?
21	Can you try and complete the Its Catching Programme?
22	Can you try and get 10,000 steps in a day? Remember you must stay at home!

Get Ahead Partnership
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Daily Homework Log

When you have completed a challenge add the number of which challenges you have completed each day in the spaces below and by the end of the week total your scores. Try and beat your daily score or you can also compete with a family member too.

Week	Example					Score	1					Score	2					Score	3					Score	4					Score	5					Score				
Day	M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F					
You	4	6	3	19	22	54																																		
Family Member	7	2	20	1	5	35																																		
Week	6					Score	7					Score	8					Score	9					Score	10					Score	11					Score				
Day	M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F					
you																																								
Family Member																																								
Week	12					Score	13					Score	14					Score	15					Score	16					Score	17					Score				
Day	M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F		M	T	W	T	F					
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