



Try it Tuesday Activity Card



2 Challenges to try today are the Star Jump Challenge and the Cuddly Toy Challenge! You can try one or the other, or both! They are fully inclusive so everyone can have a go!

Cuddly Toy Challenge:

Collect as many cuddly toys together as you can find and put them in a bin or box at one end of the room/garden. Put another empty bin or box as far away as possible (this could be upstairs).



Take one toy at a time and move it to the empty box. You can do this as a relay if the box is a long way away or you are tired. Can you beat your own time?



To make it harder you could think of different ways of moving the toy e.g. under your armpit, between your knees, or throwing it up & down if you are outside. Or you could travel differently e.g. hop, jump, backwards.

Star Jump Challenge:

In pairs, take turns to do star jumps whilst the other person rests & cheers you on! Try to do this to music and/or in the garden if possible.



15 seconds
30 seconds
45 seconds
1 minute



If star-jumps are a bit tricky you could jump, run or march on the spot. If you are a wheelchair user you could try to move your arms out, your legs up; whatever you can do you should try to do.

