

Stretch -n- Gröw

Where kids LOVE to move!

HOME MOVEMENT Challenge

ONE

Run on the spot
for 1 minute
(repeat 3 times)



Have a
dance party to
your favourite
songs

2

Three

Set up an
obstacle course in
your lounge using
the furniture and
other items in your
house

Do 5 x Star
Jumps
(repeat 4 times)

four

5

Play a game of
balloon soccer



Pretend to be a
horse and
GALLOP around
the room
six times

6

Balance on one
foot for 30
seconds and
then repeat with
the other foot

SEVEN

Eight

Play a game of
balloon tennis



9

Have a juggling
competition
using rolled up
socks

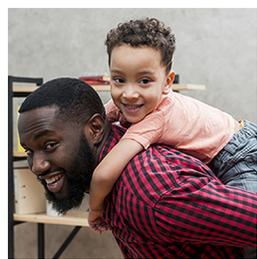
Play baseball
using a pool
noodle and
crumpled up
pieces of paper

Ten

BE SURE TO SHARE
PHOTOS OF
YOUR STAR HAVING
FUN WITH OUR
CHALLENGE on our
Facebook page

11

THE FLOOR IS LAVA!
Set a course of
cushions on the floor
and step from one
to the other, around
the house



Have a
wheelbarrow
race

TWELVE

FREEZE DANCE!
Play your
favourite music
and when it
stops, FREEZE

13

14
PASSAGE BOWLING
Use small plastic
bottles and balls to
bowl and try knock
them over

Fifteen

PAPER PLATE
SKATING
If you have hard
floors, use paper
plates to skate
around the house

16

Follow the leader
around the house
and come up
with fun
movements when
it's your turn



Have an egg
and spoon
race

**SEVEN-
TEEN**

Hop like a
bunny

18

NINETEEN
INDOOR
BASKETBALL
using a laundry
basket and socks



20

Make INDOOR
HOPSCOTCH
using tape and
hop for exercise

Have a bear
crawl race

21