



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**