Can you complete our active challenge?

How many of these activities can you do? See if you can score bronze, silver or gold! Good luck!

- Jump over a pillow 20 times - do it twice in one day
- Balance on 3 parts of your body for 60 seconds
- Complete 50 star jumps
- Touch your toes and reach for the sky 30 times!
- Hop on each foot 20 times
- Create and complete an obstacle course
- Run 20 shuttle runs in your home, garden or in a park
- Create a gymnastics routine
- Have a game of hide and seek

Bronze
Complete one activity from each line

Silver
Complete a horizontal or vertical line of activities

Gold
Complete all activities