

# Can you complete our active challenge?

Beat  
the  
Bug

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

