



Sutton Park Family Sports Challenge

Today we are challenging you and your family to get active!

Take a look at the bingo sheet below and see how many sport challenges you can do together! Tick off each box as you do them. Look out for the three, '60 second' challenges. Can you try and beat a family member? You can do them as many times as you want and try and beat your own score. Please let us know about your achievements. Good Luck!

Play hide and seek.	Play musical statues	Perform 20-star jumps	Throw an object (ball or pair of socks) at a target.
<p>60 second challenge... Tennis</p> <p>How many times can you tap up a tennis ball on a racket. If the ball touches the floor, time continues but your score freezes until you start tapping again! (Use socks and a frying pan/ or tray if you don't have a tennis racket!)</p> 	How long can you hold the plank balance?	<p>60 second challenge... Speed Bounce</p> <p>How many times can you jump over a pillow and back?</p> 	Balance an object on your head. How long can you balance it?
Touch your toes then reach up to the sky 20 times!	Perform a short fitness work out. (E.g. Try out a 5 minute Joe Wicks workout on YouTube)	Create an obstacle course.	<p>60 Second challenge: Skipping</p> <p>How many can you do in 1 minute. (If you don't have a skipping rope try a dressing gown rope or just jump on the spot!)</p> 