



Strength and Balance Activities: Sport



Challenge of the day:

- Reach and lunge sideways, like a goalkeeper saving a goal.
- **Try this if you want more help:** take a smaller step to the side, or only move your arms.
- **Try this if you want an extra challenge:** work with a partner and try to catch a soft object as you reach sideways.



Positive mindset:

My body is strong.



Kind action of the day:

Say well done and high five someone for completing today's challenge.

Strength and Balance Activities: Sport



Today's challenge:

First step:

- Step and lunge to the side.

Next step:

- Step and lunge to the side.
- Reach your arms in the same direction.

Extra challenge:

- Reach and lunge sideways.
- Catch an object whilst you are lunging.



Positive mindset:

My body is strong.



Kind action of the day:

Give someone a high five.