**2021 Activity Challenge - 20 minutes physical activity on 21 days**

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| **Go for a bike ride or a scooter ride with your family** | **Complete a Joe Wicks workout**  https://www.youtube.com/c/TheBodyCoachTV/featured | **Complete a cosmic yoga session**  **Visit their website for various resources -**  **www.cosmickids.com** | **Daily Mile**  Go for a walk, jog, or run for a mile |
| **Youth Sport Trust (YST) after school sports club**  Try out the YST after school club on a Tuesday and Thursday at 5pm - [www.youthsporttrust.org/AfterSchoolSportClub](http://www.youthsporttrust.org/AfterSchoolSportClub) | **Keepy-uppy challenge**  How many can you do in 30 seconds? You can use any part of your body to keep the ball in the air and have lots of attempts to try and beat your score! | **Dancing challenge**  Dance to your favourite songs with your siblings or members of your family. Can you think of some new dance moves that you can teach to your family? | **Just Dance**  Go to YouTube and try out a dance routine on Just Dance |
| **Change4life website**  **Visit their website for various resources, including the 10 minute Disney shake ups!**  [**www.change4life.co.uk**](http://www.change4life.co.uk) | **Andy’s wild workouts**  **Go to the CBeebies website and try out Andy’s wild workouts – you can travel under the sea or visit the polar bears in the Arctic!** | **Cheerleading**  Grab some ribbons or scarves to use as pom poms and create a cheer dance. Can you make up a cheer leading chant with members of your family? | **Zumba for kids**  **Visit their website for fun Zumba workouts – you can even try and make up your own routine!**  **www.YouTube.com** |
| **Leicestershire Rutland Sport Active at Home**  **Visit their website for various resources including challenges and fun activities.**    **www.lrsport.org/children-and-families** | **Youth Sport Trust – 60 second challenges**  **Visit their website and try out as many 60 second challenges as you can!**  [**www.youthsporttrust.org**](http://www.youthsporttrust.org) | **Everyone Active live facebook sessions –**  **Visit their facebook page for live fitness sessions -**  **https://www.facebook.com/pg/everyoneactive/** | **Fitness Training**  **Design your own fitness session – you can include star jumps, skipping, sit ups and speed bounce jumps!** |