

OCTOBER 2023

GAME

Get Active & Move Everyday



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Grab a board game and sit with your family to play.

1

In your driveway use a line to play a game of hand tennis.

8

Who in your family can balance on one foot the longest?

15

Place a bin in the middle of your yard. Who can kick closest?

22

Play a game of basketball knockout with your family?

29

Set up a volleyball net and make two teams to play.

2

What is the longest line you can create with plastic cricket wickets?

9

Set up a tennis net and make two teams to play.

16

How many hits of a volleyball can you and a partner complete?

23

Who can juggle the most amount of balls?

30

How many times can you dribble a basketball in one minute?

3

Who in your class can hold the most balls at one time?

10

Who can build the largest tower using bean bags?

17

With a team how high can you build a HULAHUT?

24

Play a game of four square to determine the champion?

31

Using hula hoops, who can complete the most hip circles?

Product Code: WS62HFS

4

How far can you throw a frisbee?

11

Who can throw a frisbee closest to a designated target?

Product Code: 62FR

18

Who can balance a bat the longest on just one finger?

25



How many tennis balls can you hold in one hand?

5

Set up a badminton net and make two teams to play.

12

What is the highest tower you can create with plastic cricket wickets?

19

Who can kick a ball the furthest?

26



Who can kick a ball in the air then catch it?

6

How high can you throw a comet?

13

How far can you throw a comet and a partner catches it?

20

How far can you strike a tennis ball with a plastic hockey stick?

27

Who can make the biggest splash with a water balloon?

7

Who can strike a ball the highest using a tennis racquet?

14

Product Code: 69RCY

Who can putt a ball closest to the mark you set up in your house?

21

Who can balance a tennis racquet on their hand the longest?

28

CHALLENGE MONTH

These days are active home activities.

These days are active school activities.

