

# OCTOBER 2023

# GAME

Get Active & Move Everyday

**RHS**  
rhsports.com.au



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grab a board game and sit with your family to play. 1	Set up a volleyball net and make two teams to play. 2	How many times can you dribble a basketball in one minute? 3	Using hula hoops, who can complete the most hip circles? Product Code: WS62HFS 4	How many tennis balls can you hold in one hand? 5	Who can kick a ball in the air then catch it? 6	Who can make the biggest splash with a water balloon? 7
In your driveway use a line to play a game of hand tennis. 8	What is the longest line you can create with plastic cricket wickets? Product Code: 25JS 9	Who in your class can hold the most balls at one time? 10	How far can you throw a frisbee? 11	Set up a badminton net and make two teams to play. 12	How high can you throw a comet? 13	Who can strike a ball the highest using a tennis racquet? Product Code: 69RCY 14
Who in your family can balance on one foot the longest? 15	Set up a tennis net and make two teams to play. 16	Who can build the largest tower using bean bags? 17	Who can throw a frisbee closest to a designated target? Product Code: 62FR 18	What is the highest tower you can create with plastic cricket wickets? 19	How far can you throw a comet and a partner catches it? 20	Who can putt a ball closest to the mark you set up in your house? 21
Place a bin in the middle of your yard. Who can kick closest? 22	How many hits of a volleyball can you and a partner complete? 23	With a team how high can you build a HULAHUT? Product Code: WS62HFL 24	Who can balance a bat the longest on just one finger? 25	Who can kick a ball the furthest? 26	How far can you strike a tennis ball with a plastic hockey stick? 27	Who can balance a tennis racquet on their hand the longest? 28
Play a game of basketball knockout with your family? 29	Who can juggle the most amount of balls? Product Code: 621HB 30	Play a game of four square to determine the champion? 31				

# CHALLENGE MONTH

These days are active home activities.

These days are active school activities.

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