

How To Play:

- Once you complete an activity from the grid, tick it off your card.
- If you need to change elements of an activity to suit you please do so.
- All challenges should be completed safely.
- Try to achieve one fo the Bronze, Silver and Gold awards below.

Design your own sport - themed word search

Blindfold a family member and lead them around your house or garden

Choose a skill from your favourite sport - teach it to a family member

Design a skill challenge that could be delivered to a lower year group

Lead a fitness session with your family

Find 3 objects or pieces of equipment, and make up a game

Pick a sport, research 3 rules, then explain them to a family member

Create a social distanced game you could play with friends

Create a list of things to try and spot on a walk



Brilliant Bronze
Complete any activity from each colour



Seeing Silver
Complete a full line of activities



Go for Gold
Complete all 9 activities on the card

Share your completed cards with us via social media

Tag @stride_active on twitter and @strideactive1 on facebook.

We cannot wait to see your leadership skills on display!

Activites designed by South Solihull SSP

#STAYHOMESTAYACTIVE

#STAYINWORKOUT



Don't forget your schools games values

Determination: Putting in 100% even at difficult times, never giving up and being the best you can be.