

## Weekly Challenges: Week 1

### STAIR STEP CHALLENGE



All you need for this challenge is a step or anything sturdy enough to step up and down from. Starting from the floor, how many times can you step up and down from the step in 30 seconds? Make sure to step on and off with both feet!

**INCREASE THE DIFFICULTY** – by changing from stepping to jumping or hopping, with your feet together

**INCREASE THE DIFFICULTY** – by increasing the number of steps you are taking, how many times can you go up two stairs in 30 seconds? Three? Four?!

### HEAD, SHOULDERS, KNEES AND TOES CHALLENGE



All you need for this challenge is small ball, bean bag or anything soft to throw and catch (even a rolled-up sock!). The aim of the challenge is to throw your item in the air and complete each part of the song in between. Can you complete the whole song without missing a catch? The toes section is especially tricky!

**INCREASE THE DIFFICULTY** – by trying to do multiple parts of the song in between catches. How many parts can you do?

**INCREASE THE DIFFICULTY** – by adding a clap to before each section of the song