



Go Well - Activity x 3 times daily

01 Create a circuit with press ups, sit ups, star jumps

1 2 3 4 5

SCORE/
TIME

13 Can you hold a plank for 5 mins? You can put your knees down. Repeat 6 times during the day

1 2 3 4 5

SCORE/
TIME

02 Play a range of hopscotch games

1 2 3 4 5

SCORE/
TIME

14 Dance to your favourite songs and perform your routine for an audience

1 2 3 4 5

SCORE/
TIME

03 Can you do 20 bounces over 20 different objects

1 2 3 4 5

SCORE/
TIME

15 Try the Fit for Life workout of the Week today (Visit go-well.org)

1 2 3 4 5

SCORE/
TIME

04 Invent a target game with socks and bucket

1 2 3 4 5

SCORE/
TIME

16 Create a challenging obstacle course

1 2 3 4 5

SCORE/
TIME

05 Throw and catch a ball off a wall. Can you do it with two balls? This is called 'two baller'.

1 2 3 4 5

SCORE/
TIME

17 Can you juggle with three soft objects?

1 2 3 4 5

SCORE/
TIME

06 Try to do toilet roll keepy ups with lots of different parts of your body!

1 2 3 4 5

SCORE/
TIME

18 Create a jumping pattern and teach someone else it

1 2 3 4 5

SCORE/
TIME

07 Use your body to create letters and spell out the names of your family, friends, pets

1 2 3 4 5

SCORE/
TIME

19 Try some Just Dance routines, which is your favourite?

1 2 3 4 5

SCORE/
TIME

08 Can you use a book and a ball and try to do keep ups. Keep practising for 10 minutes to beat your personal record

1 2 3 4 5

SCORE/
TIME

20 Can you create a gymnastics routine which includes a variety of movements. How many can you link together?

1 2 3 4 5

SCORE/
TIME

09 How many step ups can you do in 3 minutes? Repeat 10 times during the day, you can use your stairs or a step near your door perhaps

1 2 3 4 5

SCORE/
TIME

21

1 2 3 4 5

SCORE/
TIME

10 Can you pass a cushion around your waist, knees, head - try with a family member standing back to back

1 2 3 4 5

SCORE/
TIME

22

1 2 3 4 5

SCORE/
TIME

11 Make a 5 m shuttle run - try side steps, skips

1 2 3 4 5

SCORE/
TIME

23

1 2 3 4 5

SCORE/
TIME

12 Play active rock, paper, scissors - maybe try it online with a friend or relative

1 2 3 4 5

SCORE/
TIME

24

1 2 3 4 5

SCORE/
TIME