

# CITC ACTIVITY PACK

## DAILY FITNESS CHALLENGE



**CITY IN THE  
COMMUNITY**

**Be Active**



### **EQUIPMENT:**

Timer/ watch

### **ACTIVITY:**

Decide on which activities you would like to do,  
example:-

- Star jumps
- Running from one object to another
- Jumping forwards and backwards over an object  
etc

In 30 seconds see how many Star Jumps you can  
do?

### **DAILY SCORE CARD**

Challenge yourself everyday to complete the  
activities you have chosen, keep score on the score  
card (see next page)

Send it to a friend and challenge each other

### **ADAPTATIONS:**

Increase the time to 1 minute



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Activity	Mon	Tues	Wed	Thurs	Fri
Star Jumps					
Running (from one object to another)					
Jumping (over an object)					

Let us know how you get on with this challenge @citctweets

