

# Christmas Holiday Activity Challenge!



Each year, Father Christmas has to travel 510,000,000 km on Christmas Eve to deliver presents to each house around the world and this is estimated to take him about 32 hours (thank goodness for magic or he would never have enough time!) As we start the Christmas holidays we would like to set you a challenge, but only if you wish to accept it... During the Christmas holidays, can you and your family aim to complete a total of 32 hours of physical activity? This could include going for a walk, playing a sport or learning a new sport, riding your bike or scooter, offering to help around the house, using the stairs etc. If we are lucky enough to get a 'White Christmas', perhaps you could even take the opportunity to play in the snow? Each time you complete an hour of physical activity, you can write in the date, what the activity was and colour in the box. I wonder how many families will manage the whole challenge - good luck!


Name: ..... Class .....

Please hand your completed grids to Miss Porter by Friday 10<sup>th</sup> January so we can make a 'Sleigh of Fame'!