

## Primary at home challenges

### Teddy movement challenge.

Do each challenge at least 5 times, using a teddy or a toy.

1. Can you touch your toes whilst keeping your legs straight?
2. Can you sit with your legs straight, holding your teddy in front of you and rock backwards and forwards?
3. Can you stand on your tip toes and put your teddy up high above your head?
4. Can you jump on the spot holding the teddy?
5. Can you pass the teddy around your body, first around your head and then around your waist and lastly around your knees?
6. Can you think of another challenge?



**Can you challenge  
a family member?**



**GOOD LUCK!**

