Haktive at Home

If you find yourself stuck at home with the kids, maybe due to poor weather... or perhaps the threat of a global pandemic, then increased physical activity through the below challenges can be a great way to enhance their well being (and yours), and to have some fun together.

"..every little bit of activity will help their well being and yours."



The Haktive Challenge-a-Day

1. Have an imaginary skipping rope (bouncing on the spot). Try to keep going for one minute then try to increase the time. Or do tricks like backwards, crossover and double imaginary skips. Or count in 1s, 2s or 3s or recite your times tables or the alphabet. ☐

2. Sit on a chair, stand up and reach up then sit back down, repeat 20 times or more. You could try from sitting on the floor too. ☐

3. Spiderman legs - hold a front support position. Bring your foot up to the side and back again, then the other foot, all the while holding your body strong. Roll onto your back and shake your legs and arms. ☐

4. Spell your name using your body. Try the whole alphabet. Ask a question or tell a story using your body, no speaking. ☐

5. Choose your favourite songs, turn the music up and dance around the home - this is definitely a feel good one. ☐

6. Balance a pair of socks or teddy bear on your head, walk around your house, try to pick something up off the floor, try to make a shape and move into & out of the shape with out it falling. ☐

7. On the spot run a 100m race - Usain Bolt does it in 9.58 seconds. Pick any other distance and world record to beat. ☐

Newsletter & Updates: Haktive.com/at-home

We will be sharing more updates to help keep you and your family active and happy through our newsletter.