

All Saints Active Challenge

This week's challenge is...

Hit the Beat



Key Points...

- › Find the rhythm and beat of the song.
- › Decide which skill you'll perform.

In this activity, you must throw, catch, bounce, kick, roll, move or any other movement to the beat of your favourite song! Try Baby Shark & Old Town Road!

Check our YouTube channel for demos!

Build your Coordination and ball skills!

For an extra challenge, can you complete a whole song performing a whole range of skills?



Try using a basketball, tennis racket, football, a bouncy ball, a balloon or anything you can find around the house!

Week 7!

