



Challenge 3:

Share an activity that you like to do—either on your own, with friends or your family. It should be something which promotes physical activity—a walk, playing a sport, a bike ride, going swimming.....there are LOTS of alternatives. Can you sell it to other children and families to encourage them to have a go too?

Write down what you did, who you encouraged to have a go and if they enjoyed your suggestion!

Pop this booklet into the postbox (in the triangle at school) after half term to get your MOLE challenges signed off and to be entered into our prize draw! :-)

**Back to Basics
AND
'MOLE'
Half Term Challenge!**



Can you 'BE ACTIVE' over Half Term?

There are some challenges inside.....

You will be able to tick off some of your *HOMELY MOLE* challenges if you do these - as well as be entered into our prize draw!

Remember to post this booklet into the post box in school after the half term break!

Name: _____

Class: _____

Continue the good work from our B2B 'Keep Active' week.

Being active helps our physical self but also our mental health too!

Did you know that children and young people aged 5 to 18 should aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day?

So, this half term, why not embrace the nice weather and BE ACTIVE—either continue with physical activities you already love, or try something new!

Have fun!



Challenge 1:

Go on a nature walk at night!

The evenings are lighter and the temperature is cooler... why not go on a walk to be active at the end of the day, whilst also being observant—what will you see? There are bats about, birds starting to roost... you might spot a fox or badger whilst walking before bed! Best of all, you'll have a good night's sleep afterwards! :-)

Record where you went, how it made you feel and what you saw/ heard.....



Challenge 2:

Why not try geocaching? It gets you out and about exploring, whilst looking for hidden treasures! You just need a GPS enabled device. Great fun with your family and friends! Perhaps you could set up your own geocaching challenge?

There are hundreds of geocaches to find in Hampshire! Go to this website to find more information: Geocaching.com (or use their app)

Record what you found, who you went with and what it was like as an 'active' challenge!