

THE LEADERS CHALLENGE

Red House Leaders Challenge

Create your own circuit at home for your family to complete.

Stuck on ideas for creating a home workout, have a go at the:

- ★ [Superhero workout](#)
- ★ [Animal Circuit](#)



Blue House Leaders Challenge

VIRTUAL TRACK AND FIELD

Explore the School Sports Victoria Virtual track and field competition.

SSV is not looking for the best performance, we are looking for students to give it a try. All details are on their [Website](#)



Yellow House's Tips for staying Healthy while at home!

1. Eat Healthy



2. Play outside with your family
3. Go for a walk, run or bike ride with a parent




Green House Leaders Challenge



Turn the music up loud and create your own dance routine to perform to your family.

HAVE A DANCE PARTY IN YOUR LIVING ROOM OR BACKYARD!



Need some dance inspiration have a look at KidzBOP: [website](#) 

Please share any pictures with your classroom teachers!