

WESTERN REGION ACTIVE HOLIDAYS CHALLENGE

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info

Get active once, twice or every day, it all counts!

Get involved 20 September to 3 October.

Try as many activities as you like. Boost the whole family's health and wellbeing at home or outdoors these school holidays while keeping safe under current Covid restrictions.

Activity Suggestions - Discover or enjoy your own!

GIVE IT A GO!	CHALLENGE	ADVENTURE	JUST FOR FUN	TRY-ATHLON	30 MINUTE ACTIVITIES
 Learn to Juggle	 Choose a Get Active Victoria Challenge	 Walk /Run / Cycle / Wheel/ Scooter / Skate to somewhere different.	 Bounce: • On a Hopper • Trampoline • Go Go Ball	 Find a loop close to home and alternate activities Run-Bike-Run	 Walk/ Wheel
 Hula Hooping	 Distance Timed Run Challenge - e.g. 2km	 Walk / Run / Cycle / Wheel/Scooter / Skate a new route there & back.	 Hop-Scotch & other Chalk Games	 Run-Scooter-Run	 Jog / Run
 Skipping  Elastics	 Balloon tap How many times can you tap the balloon before it hits the ground?	 Hide & Seek / Simon Says/ Follow the Leader *Mix it up by adding time challenges and extra fitness exercises (squats/push ups/ lunges) each round.	 Obstacle Course at home	 Walk-Run-Walk-Run *Interval bursts are a great way to slowly increase difficulty	 Bike Ride
 Enable - Fitness for all	 Target Challenge using socks and buckets	 Scavenger/ Treasure Hunt: Choose a theme and find 5 things when you go out	 Dance Party Put on your favourite tunes or use Get Active Victoria for some inspiration	 Connect sport skills and fitness activities: Football/Bball—Star Jumps—Catching practice—Run	 Scooter / skateboard
Your choice	Create your own challenge	Choose your own adventure	Your choice	Your choice Adjust time, distance & activity type to suit.	Your choice

Connect different activities
together for a fun combo

completing the chart is easy...

GETTING INVOLVED IS EASY FOR THE WHOLE FAMILY:

1. Discover activity suggestions for kids and adults above or enjoy your own.
2. Record each activity and total minutes completed across the two weeks in the chart.
3. At the end of the challenge submit your activity to win great prizes and celebrate your achievements.

Activities

Juggle

Bike Ride

Total Mins

32mins

Activity chart						
Mon 20 Sep	Tue 21 Sep	Wed 22 Sep	Thu 23 Sep	Fri 24 Sep	Sat 25 Sep	Sun 26 Sep
Activities	Activities	Activities	Activities	Activities	Activities	Activities
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-----	-----	-----	-----	-----	-----	-----
Total Mins	Total Mins	Total Mins	Total Mins	Total Mins	Total Mins	Total Mins
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Mon 27 Sep	Tue 28 Sep	Wed 29 Sep	Thu 30 Sep	Fri 1 Oct	Sat 2 Oct	Sun 3 Oct
Activities	Activities	Activities	Activities	Activities	Activities	Activities
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-----	-----	-----	-----	-----	-----	-----
Total Mins	Total Mins	Total Mins	Total Mins	Total Mins	Total Mins	Total Mins
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The Western Region Active Holidays Challenge is a joint initiative brought to you by Brimbank City Council, Hobsons Bay City Council, Maribyrnong City Council, Melton City Council & Wyndham City Council.
Contact your local Council for any questions about the Challenge.



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The activities in this activity card are suggestions only and do not take into account your/your family's particular circumstances. You are entirely responsible for deciding whether the activities are suitable for you/your family and you use the activity card and undertake the activities at your/your family's own risk. Children should be supervised by an adult when undertaking physical activity.

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