

## Family Heptathlon Challenge

This activity can be conducted indoors or out using what you have at home. Emphasis is on completion of the activities and not speed. Substitute your own creative options. Modify as needed to include everyone.

- Balloon balance – Keep a balloon off the ground for 20 seconds. Use hands only or modify to allow hands, arms, feet, head. Make it more difficult and sit in a chair or use only your head.
- Golf putt – Use a putter, golf ball and plastic cup. Try to get the ball in the cup at least 5 times. Modify by using a yard stick, any small ball and your own “hole,” even a small trash can will work.
- Basket toss – Toss a ball into a goal – basket, bucket, laundry basket are ideas. Try to make 10 baskets.
- One-foot challenge – Hop on one foot for at least 20 seconds. Modification is to just stand on one foot for 20 seconds. Switch to other foot.
- Cup stacking – Use 10 plastic cups. Stack them in a pyramid and unstack them as fast as possible.
- Obstacle course – Set up cones, chairs or other objects to walk around. Complete the course twice. Try walking backwards as well.
- Jump it – place a jump rope on the ground. Keeping feet together jump from right to left, back and forth over the rope. Turn around and return to start.