

# 2023 ACTIVE CHALLENGE

## AUGUST

SCAN ME TO  
FIND NEXT  
WEEK'S ACTIVE  
CHALLENGE



Keep track of your weekly progress below by colouring in and adding your scores. Don't forget to share your progress with us.

Tag us in your pictures on social media, using the hashtag  
**#PREMIERACTIVECHALLENGE**





# WEEK 33

# SPORT CHARADES

ADD SOME  
SPORTS OF  
YOUR OWN ON  
THE BLANK  
CARDS

CUT ME  
OUT

GYMNASTICS

TENNIS

SWIMMING

FOOTBALL

BASKETBALL

DIVING

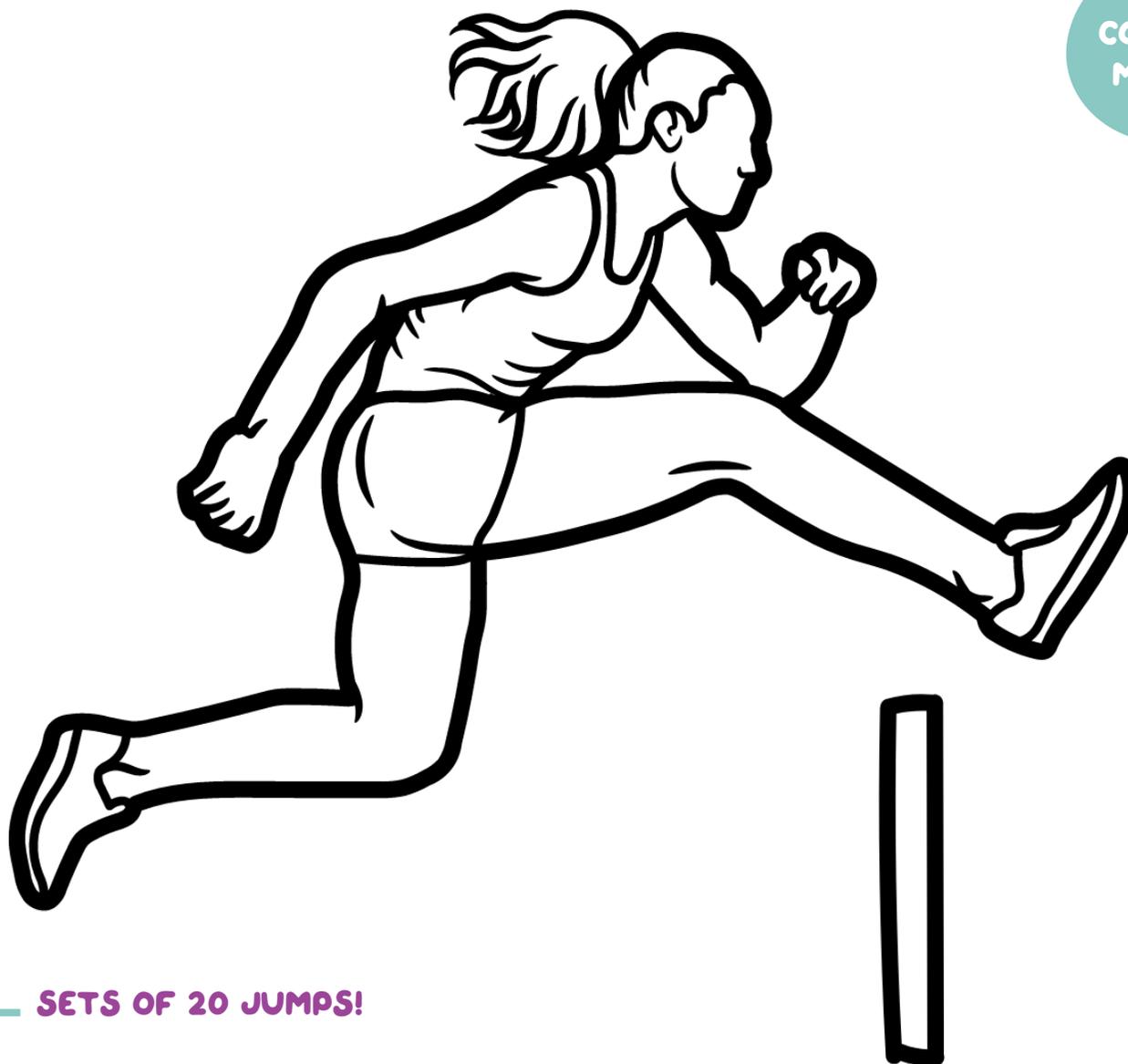
CYCLING

# WEEK 34

## HURDLE HOPS

BE INVENTIVE!  
WHAT CAN  
YOU JUMP  
OVER?

COLOUR  
ME IN!



I DID \_\_\_\_\_ SETS OF 20 JUMPS!

**WEEK 35**

# BEAR CRAWL CHALLENGE

DESIGN YOUR OWN TEDDY BEAR!

COLOUR ME IN!

