

2023 ACTIVE CHALLENGE

JULY

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

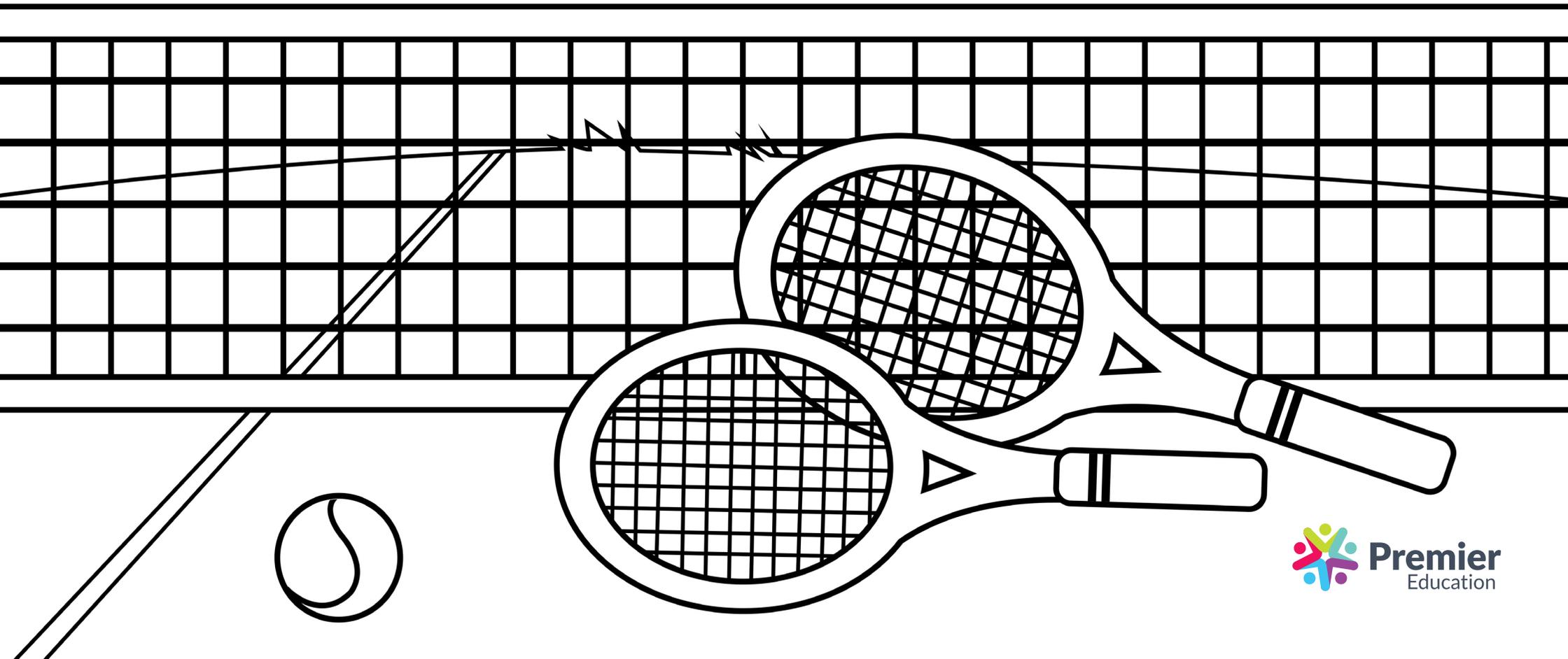


WEEK 27

TENNIS WALL BALL CHALLENGE

HOW MANY
TIMES DID
YOU HIT THE
BALL?

COLOUR
ME IN

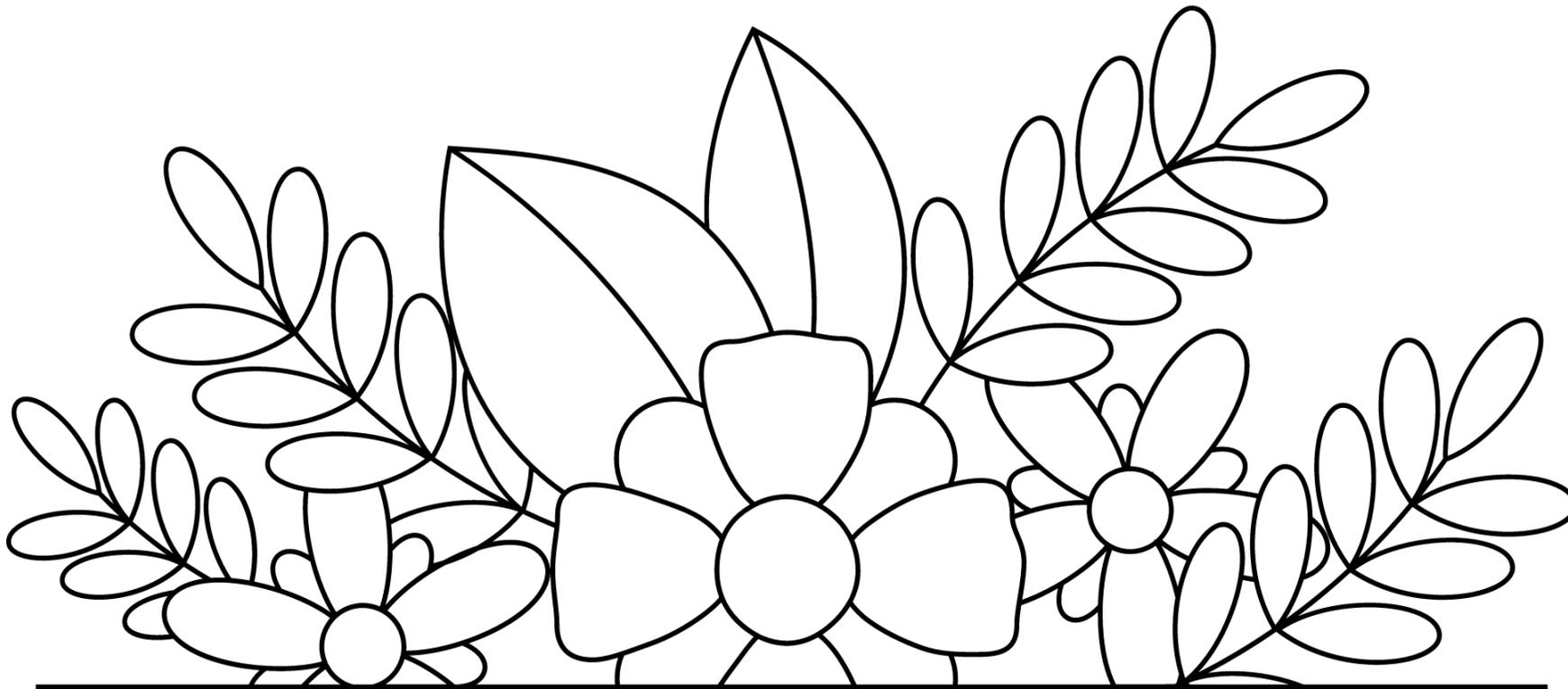


WEEK 28

**MAKE YOUR
OWN NATURE
BRACELET**

WHERE DID
YOU GO ON
YOUR NATURE
WALK?

COLOUR
ME IN



WEEK 29

FOOTBALL PRACTICE



COLOUR
ME IN

CAN YOU
INCREASE YOUR
SPEED AND
ACCURACY?

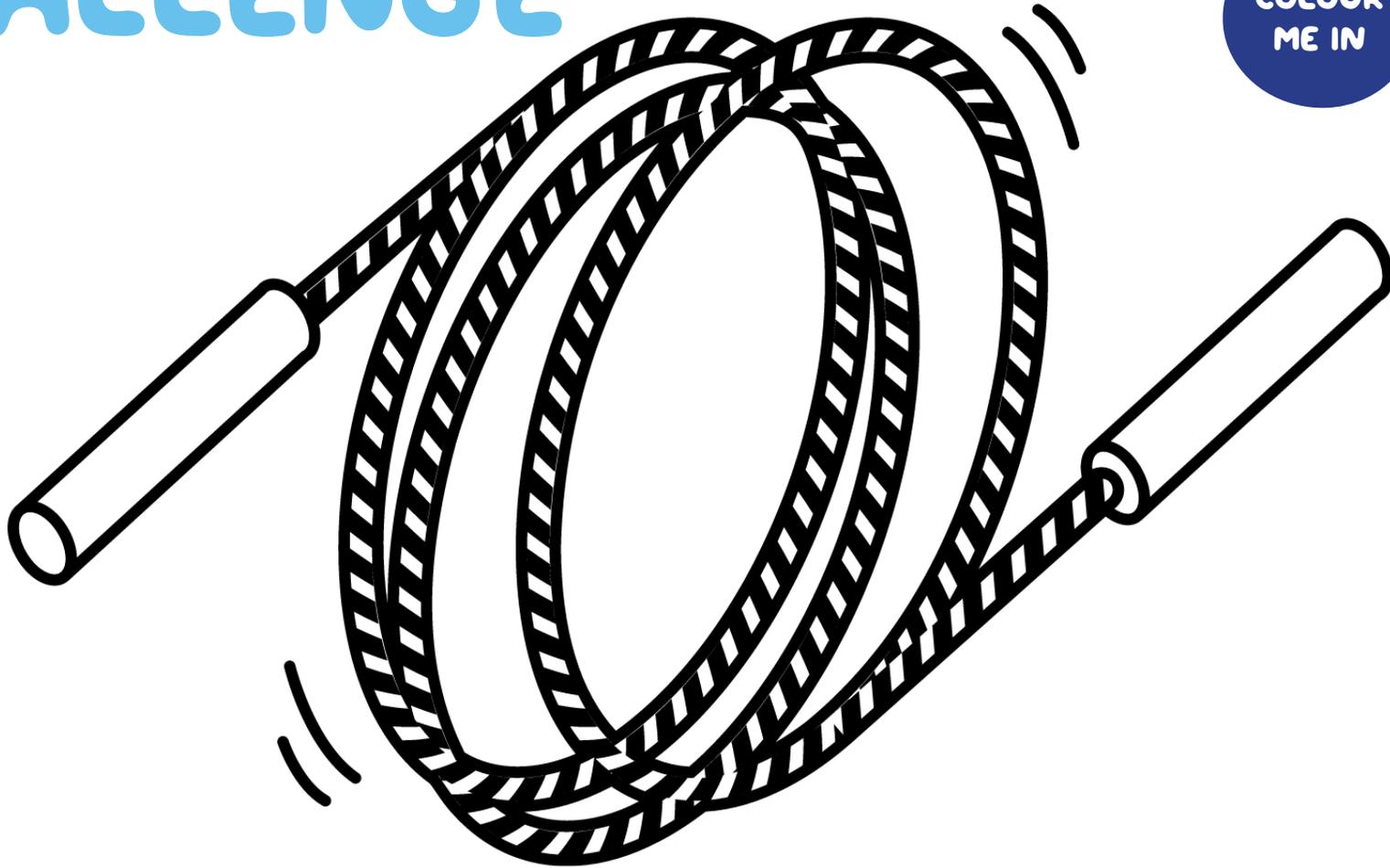
WEEK 30

SKIPPING

CHALLENGE

HOW
COLOURFUL
CAN YOU MAKE
THIS SKIPPING
ROPE?

COLOUR
ME IN



I DID _____ JUMPS IN ONE MINUTE!

WEEK 31

FRISBEE GOLF

DECORATE
YOUR OWN
FRISBEE!

COLOUR
ME IN

