

# 2023 ACTIVE CHALLENGE NOVEMBER

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 45**

# FIREWORKS DANCE PARTY

CREATE  
YOUR OWN  
FIREWORK  
NOISE!

COLOUR  
ME IN

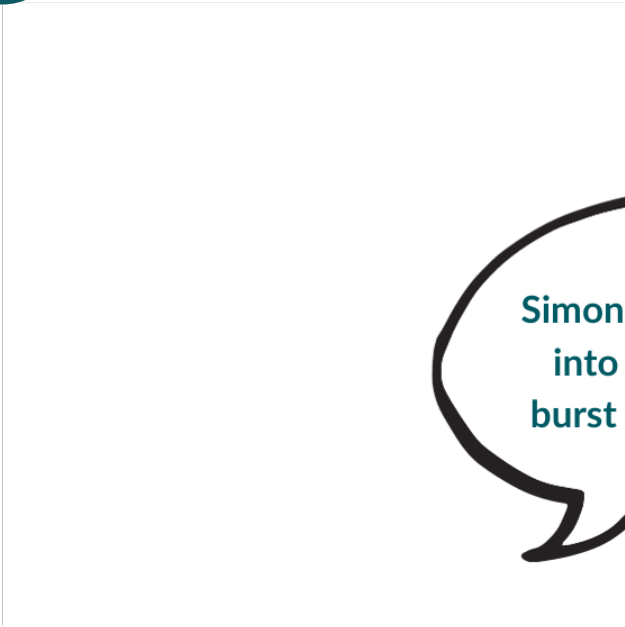


**WEEK 46**

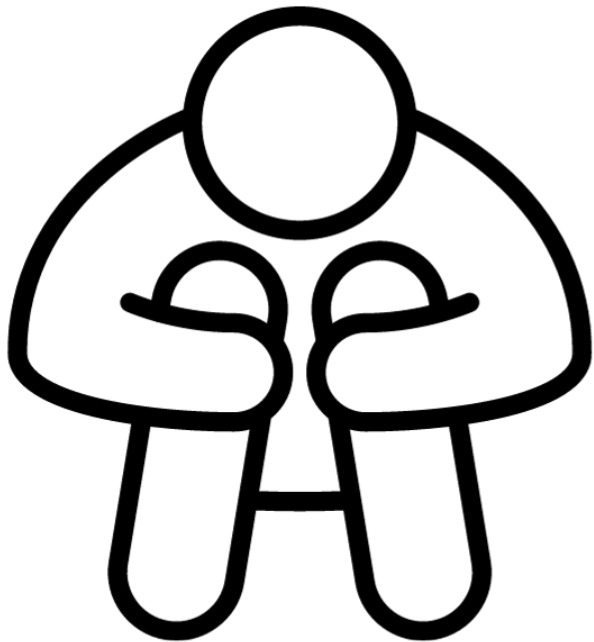
# SIMON SAYS!

WHAT WILL YOU SAY?

COLOUR ME IN



Simon Says crouch into a ball then burst into a jump!



# WEEK 47

## SCORE!

HOW MANY GOALS CAN YOU SCORE IN 10 MINS?

DESIGN YOUR ULTIMATE BOOT!





**WEEK 48**

# NATURE BRACELET

COLOUR  
ME IN!

