Challenge 1 – Multi -skills



Roll-a-ball

- Stand 5 strides apart with legs apart, from your parent/carer. The aim is to roll the ball so it comes to a standstill in between the legs of your opponent. If it does, it is 1 point to you!
- First person to 5 points is the winner!

Easier way: The ball just has to pass between the legs.
Harder way: Stand further away with legs closer together.

Challenge 2 – Fitness



Roll to fitness

You will need a dice from a board game or use a virtual online dice. https://freeonlinedice.com/

- Roll the dice and perform the following moves depending on what number you roll.

1 = 10 star jumps
2 = 10 hops on right leg
3 = 10 hops on left leg
4 = hold the plank position for 10 seconds
5 = jump and grab 10 stars from the sky
6 = sprint on the spot for 10 seconds

Easier way: Perform the actions for less time or less number of times.
Harder way: Create your own actions for the different numbers on the dice.

Challenge 3 – Mindfulness



Breathe deeply

- Stand or sit inside the house but place both hands on your tummy and close your eyes.
- Breathe in for 1-2-3 and out for 1-2-3. Pause slightly before repeating.
- Whilst you are doing this, listen to the sounds around you. After 5 minutes do this again but, in the garden/ on the patio.
- Can you describe the different sounds from being inside to outside to your parent/carer?

Harder way: Can you write/draw about the sounds you heard?

Challenge 4 – Dance

Cartoon capers

- All week, set yourself a challenge that every time a cartoon comes on the TV, you must get up off the sofa/floor and boogie along to the theme music.

Easier way: If you can't think of many boogie moves, just march/jump on the spot and clap in time to the music.
Harder way: Try to remember some of the moves you do and repeat them for the next cartoon



Challenge 5 – Personal Best



Timed turnover

You will need a pack or cards (normal playing cards or Top Trumps etc), floor space, a parent/carer with mobile phone timer.

- Place all the cards face down and spread them out evenly across the space you are working in.
- Ask your parent/carer to count you in (3,2,1) and on 'go' you have 15 seconds to turn over as many playing cards as possible.
- Repeat the game and see if you can beat your score

Easier way: Play the game in a smaller space.
Harder way: Place the cards at different levels and across a wider space.

Challenge 6 – Problem solving



Draw and describe

You will need a parent/carer/brother or sister to do this activity.

- Draw (using your finger) a shape/letter/number on the back of your parent/carer who has to describe and guess what you have drawn.
- Swap over and you have to guess what is drawn on your back.

Easier way: Stick to simple shapes and letters.
Harder way: Draw a more complex shape such as a house or teddy bear.

Challenge 7 – Gymnastics



Parent/Carer to read the following story whilst the child(ren) travel/balance/roll in the corresponding ways.

One morning all the children in the street decided to go on jungle adventure. They ***jumped*** *out of bed and* ***ran*** *around the house getting ready. They* ***hopped*** *onto the aeroplane which flew them to the jungle. The landed safely and started their adventure. They came across some spiders* ***(spider walking on hands and feet)*** *and decided to hide behind a tree* ***(balance on 1 leg with arms in the air)*** *until the coast was clear.*
Next the saw some giant frogs ***(frog jumping)****, and quickly rolled* ***(pencil roll)*** *out of the way!*
They stumbled on a small bridge ***(balance on hands and feet in a bridge shape)*** *which they* ***skipped*** *across. By now they were tired and decided to head for home.*

Physical Activity Challenges: 4 – 7 year olds

ALL ACTIVE ACADEMY

Challenge 1 – Multi -skills

Basketball sock shoot out

You will need a
Toy Storage box or similar
5 pairs of rolled up socks

- Place the toy storage box against a wall (ideally outside) and count 5 strides away.
- Try to throw the socks into the box directly or by rebounding off the wall.
- Keep practicing until you get 5 out of 5 in.
- Challenge other people in your house!

Easier way: Try throwing from only 3 strides away, using an underarm throw.
Harder way: Try throwing from different angles into the box.

Challenge 2 – Fitness

Five step stair challenge

- Starting at the bottom of your staircase, climb up 3 steps and down two. Always remain racing forwards.
- Then repeat this until you reach the top.
- Up 3,
- Down 2,
- Repeat!
- Try to repeat the whole challenge 5 times.

Easier way: Climb up 2 and down 1 and repeat.
Harder way: Repeat the whole challenge more than 5 times.

Challenge 3 – Mindfulness

Yoga flow

- Can you flow from one yoga pose into the next? Try to hold each pose for 20 seconds.



Easier way: Hold each pose for 10 seconds.
Harder way: Create some of your own yoga poses to hold for 20 seconds.

Challenge 4 – Dance

Theme tune boogie

- Select one of your favourite TV programmes that you know you will watch at least once a week.
- Find the programme's theme music from YouTube or using the on-demand feature on your TV.
- From a sitting position to begin with, create between 4- 8 different movements that can be repeated and remembered. These could include;
- Stand up, pose, sit down
- Shooting the arms out upwards, to the right, to the left and back to middle
- Stand up, hand jive, sit down
- Sway the arms from left to right 4 times
- Every time the TV programme is on, challenge yourself to remember your moves and perform them.

Challenge 5 – Personal Best

Sock drop

- Ask a family member to hold both pairs of socks out in front on them.
- You stand opposite with your hands placed on top of their hands (all palms facing the ground).
- At any point, the family member can let go of the socks, one at a time, and you have to try to catch them before they hit the floor.
- How many times can you do this before a pair of socks hits the floor?

Harder way: Ask the family member to release the socks at the same time.

Challenge 6 – Problem solving

Through the paper

- You will need a piece of A4 paper and scissors
- Can you cut the piece of A4 paper in a way that you create a large 'hoop' of paper that you can climb through?

Easier way: Use this website if you want a few hints! https://blog.doublehelix.csiro.au/climb-through-a-hole-in-a-sheet-of-paper/
Harder way: Can a parent/carer hold the hoop of paper and can you climb through without touching the paper?

Challenge 7 – Gymnastics

Spell a word

- Explain to your observer that you are going to balance whilst making alphabet letter shapes with your body.
- Hold each balance for 5 seconds whilst the observer tries to work out the letter you are balancing in the shape of.
- After you have completed all the letters in the word, ask the observer to reveal the word you have spelt!

Easier way: Spell out a small 2 letter word.
Harder way: Create a phrase for the observer.

Physical Activity Challenges: 7 – 11 year olds