

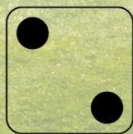
Active Challenge



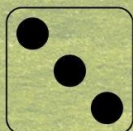
'Roll the Dice Workout!'



Jog on the spot for 20 seconds



10 X Sit ups



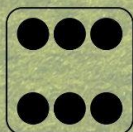
15 X Jumping Jacks



10 X Press ups



**Balance on your bottom only for
20 seconds**



**Dance party! Put on your favourite
soundtrack and dance for 1 minute!**

**Now create your own 'Roll the
Dice Workout' for your family or
classmates!**

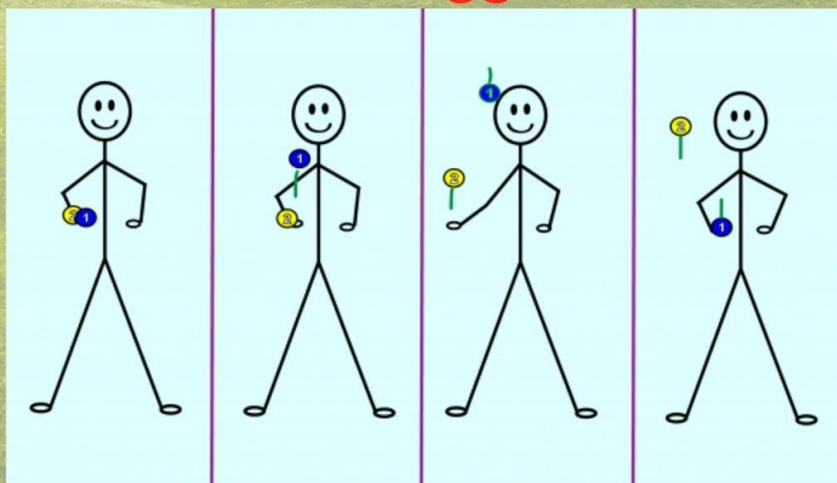
Active Challenge



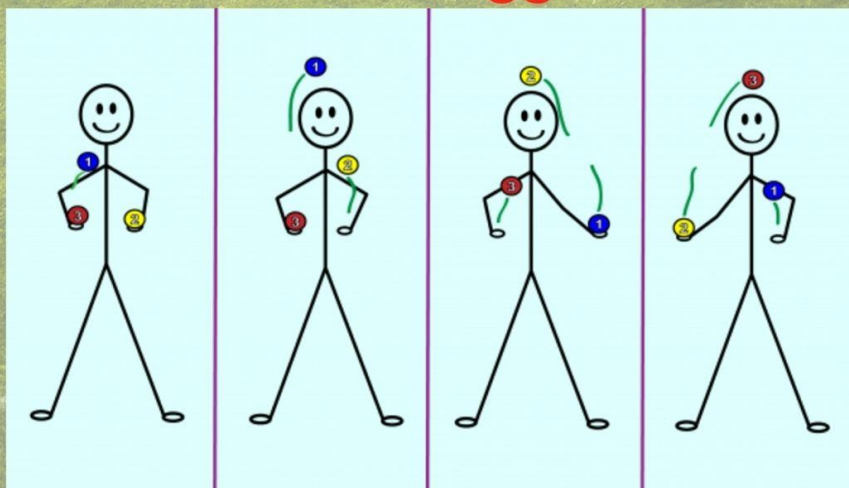
'Juggling Bonanza!'

You need: 3 X tennis balls OR 3 X rolled up socks!

2 Ball Juggle



3 Ball Juggle



How long can you juggle for?
Can you teach your family?

Active Challenge



'Jump the river!'

You need: 2 X skipping ropes or long socks.

Lots of space!

**Set your skipping ropes/socks up like the picture below.
Start with them close together.**



The Challenge: Try to jump from one side of the river to the other without falling in!

***You must start on two feet and land on two feet.**

***Make sure you bend your knees when you land.**

***Every time you make it across the river safely, move the skipping ropes a little further apart to make the river wider.**

How wide is your river?

Can you challenge your family?

Active Challenge



'Virtual Scavenger Hunt!'

On the word 'Go!' your challenge is to find the following items as quickly as you can and then bring them back to where you are now.

Something with wheels

A shampoo bottle

A roll of selotape

A tin of something

A brush or comb

'Ready? GO!'

Can you now come up with a list of five items to challenge your classmates?



Active Challenge



'Large Ball Skills I'

You will need a large ball and lots of space!

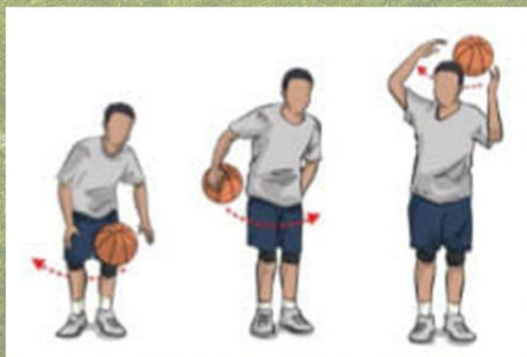


Drop and Catch
Hold the ball behind your head;
drop and catch.

How many can you do in 30 seconds?

Figure of 8
Feet flat on floor; pass the
ball around your legs in a
figure of 8.

Can you do X 20 with your eyes
closed?



Ball handling
Pass the ball:
Around your legs
Around your torso
Around your head. Repeat

Can you keep going for 30
seconds?

Active Challenge



'Large Ball Skills 2'

You will need a large ball and lots of space!



Walk and Weave

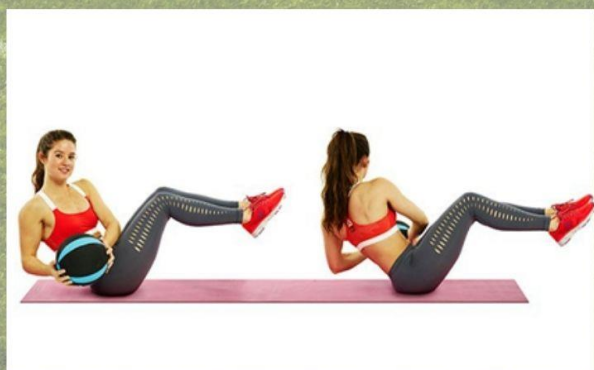
Step forward with right foot; pass ball under right leg. Repeat for left.

Can you 'walk and weave' from one side of the room to the other?

Catch and Switch

Hold the ball; one hand in front of you, the other behind. Now switch hands and catch the ball before it bounces.

How many times can you 'switch' your hands in 30 seconds?



Russian Twists

Sit, twist and tap the ball on alternate sides.

Now lift your feet off the floor. Can you do 20 X twists without stopping?

Active Challenge



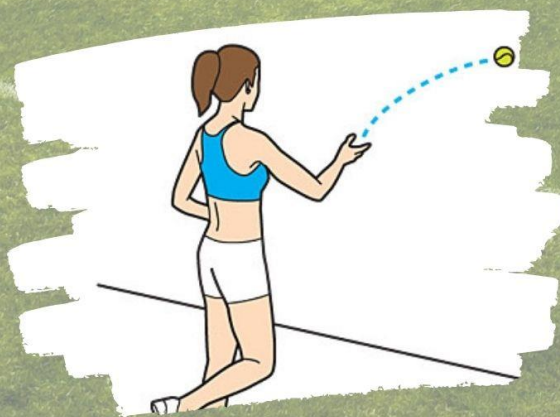
'Granny's Wall Challenge'

You will need a tennis ball and a wall.

Can you do all these 'throw against a wall' challenges in a row without dropping the ball?

1. Plainy - Throw and catch.
2. Clappy - Throw, clap, catch.
3. Rolly- Throw, roll arms around each other, catch.
4. Backy- Throw, clap behind back, catch.
5. Righty- Throw and catch with right hand.
6. Lefty- Throw and catch with left hand.
7. Nutmegs - Throw under leg and catch. Right and left!
8. Spinny- Throw, spin around and catch.

How many can you do?



TOP TIP: Use underarm throws.



Active Challenge



'Small ball skills'

**You will need a tennis ball (or rolled up sock!)
and a bucket.**

- 1. Underarm throw up with one hand and catch with two.**

Now try a clap in between AND standing on one leg!

- 2. Underarm throw up and catch right hand only.**

How many can you do in 30 seconds?

- 3. Underarm throw up and catch left hand only.**

Can you do ten in a row with your eyes closed?

- 4. Target throwing: Put your bucket a large step away from you. Using an underarm throw, aim your ball into the bucket. Each time you score, take a small step backwards.**

How many times can you score in a row?

**Can you think of another challenge using just a ball
and a bucket?**

Active Challenge



'Boogie Wonderland!'

You will need your favourite soundtrack and something to play it on!

Your challenge is to create a one minute dance or fitness workout to teach your classmates.

Your mission is to keep them moving for the full minute and make sure they have fun!



Use a variety of moves for the whole body and try to travel in different directions and at varying levels.

Active Challenge



'Invent a new game'

Using equipment you have at home, your mission is to invent a new active game which you can play with your family.

Your game must have:

A name

An aim

A set of rules

A diagram of the playing area

The only rule is the game must be active and get your family moving!



Good luck!



Active Challenge



'Create your own Treasure Hunt'

Your task is to create a Treasure Hunt in your home or garden for your family to take part in.



Your Treasure Hunt needs:

- * A theme. ie. Pirates, dinosaurs etc.**
- * A set of clues or riddles.**
- * A treasure map of your house or garden highlighting where the clues are hidden.**
- * Some form of treasure to find at the end.**

Good luck!

Active Challenge



'Bat n' ball spectacular!'

You will need a tennis racquet and tennis ball
OR frying pan and rolled up sock!

TASK 1

Balance ball on racquet face. Try to roll the ball around the edge of the racquet without it falling off!

Can you get the ball to travel in both directions?

TASK 2

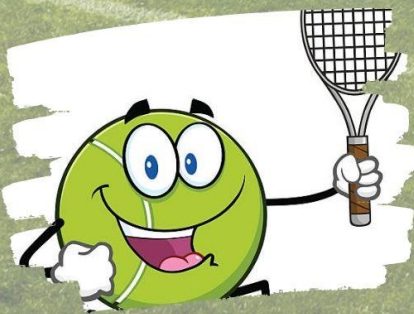
Now try very gentle 'tap ups' on the racquet. The ball (or sock!) should not be going higher than 10cm.

How many can you do in a row?

TASK 3

Fish and Chips! Now try one bounce of the ball on one side of the racquet head then one bounce of the ball on the other. Still aim for a 10cm high bounce.

How many 'Fish and Chips' can you do?



Can you think of any more bat and ball activities to challenge your classmates?

Active Challenge



'Wall Sit Challenge!'

How long can you sit in the 'Wall Sit' position for?



1 minute +



31-59 seconds



0-30 seconds



Active Challenge



'Ninja Skipping Challenge!'

You will need a skipping rope or equivalent.

**Your mission is to reach the black Ninja belt.
You must start at the white belt. Once completed
you can move up to the next level.**

	KS1	KS2
WHITE:	2 X skips	5 X skips
YELLOW:	4 X skips	8 X skips
ORANGE:	6 X skips	10 X skips
GREEN:	8 X skips	13 X skips
BLUE:	10 X skips	15 X skips
PURPLE:	12 X skips	18 X skips
RED:	14 X skips	20 X skips
GREY:	16 X skips	25 X skips
BLACK:	20 X skips	30 X skips



**'Good luck little
Ninjas!'**

Active Challenge



'Balancing act!'



Can you hold the single leg balance for 30 seconds?

Try left leg and right leg.

Try with eyes open and eyes closed!

Now try the single leg balance and reach.

How long can you hold it for?

Try with eyes open and eyes closed!



The 'V' sit.

Try to keep your arms and legs as straight as possible.

How long can you hold it for?

Finally, the hardest one of all: The frog balance!

Can you hold it for 15 seconds?

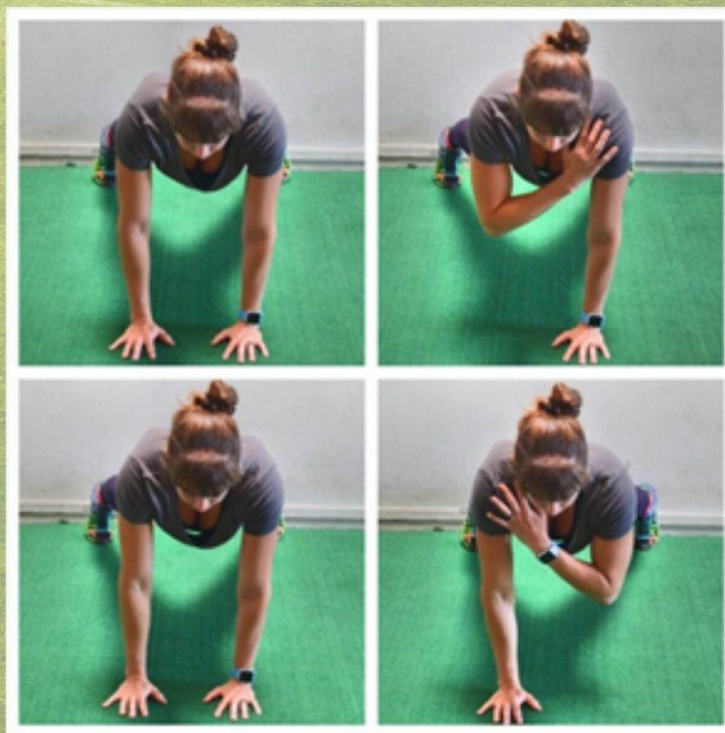


Active Challenge



'Shoulder Tap-tastic!'

Keeping your back as flat and straight as possible, how many alternate shoulder taps can you perform in 20 seconds?



30 +



16-29



0-15

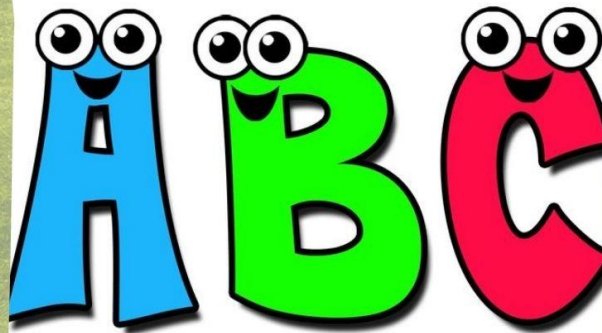


Active Challenge



'The ABC of your home and garden!'

**You have 10 minutes to create an alphabet of things you can find in your home or garden.
eg. A-Ant, B-Bed etc**



Get up, have a look around and search for items to help you complete your alphabet!

Extra points awarded for more creative ideas!

Active Challenge



'Rainbow Race!'

Get up out of your chair and as quickly as you can, search your house and garden for things to match each colour of the rainbow.

ie. Red- A rose in a vase in your lounge.
How quickly can you complete your rainbow?



To make it even harder, now select a letter from the alphabet. This time you are only allowed to find the coloured items beginning with that letter!

Good luck!

Active Challenge



'Nature's faces'

Head out on a countryside walk with your family taking a camera with you.

Your task is to find and photograph as many natural faces as you can (like the examples below.)



When you get back, why not create a collage of all of your photos?

Active Challenge



'Ready, steady, bounce!'

**Find something soft that you can jump over.
ie. a soft toy.**

Your mission is to see how many sideways, two-foot to two-foot jumps you can complete in 20 seconds over your soft obstacle.



Have a few turns to try to beat your previous score.

Then challenge members of your family to see if they can beat the target you set!

Active Challenge



'A-Z Workout!'

- A- 10 X Squats
- B- Run on spot X 30 seconds
- C- 30 X second Wall sit
- D- 15 X Burpees
- E- 20 X Shoulder taps
- F- High knees X 30 seconds
- G- 10 X right foot hops
- H- 10 X Press ups
- I- 20 X Jumping Jacks
- J- Run on spot X 30 seconds
- K- 10 X left foot hops
- L- Frog hops X 10
- M- 10 X Sit ups
- N- 'V sit' balance X 20 seconds
- O- Skip X 15 seconds
- P- 15 X Shoulder taps
- Q- 20 X Jumps on spot
- R- Kick bottom X 30 seconds
- S- Balance on right leg X 20 seconds
- T- Balance on left leg X 20 seconds
- U- 10 X Jump and Squat
- V- Sprint on spot X 10 seconds
- W- Peddle arms like a bike X 20 seconds
- X- Run on spot X 30 seconds
- Y- 10 X Karate kicks
- Z- 15 X Squats

Can you spell:
Your name?
School name?
Best friend's name?
Street where you live?

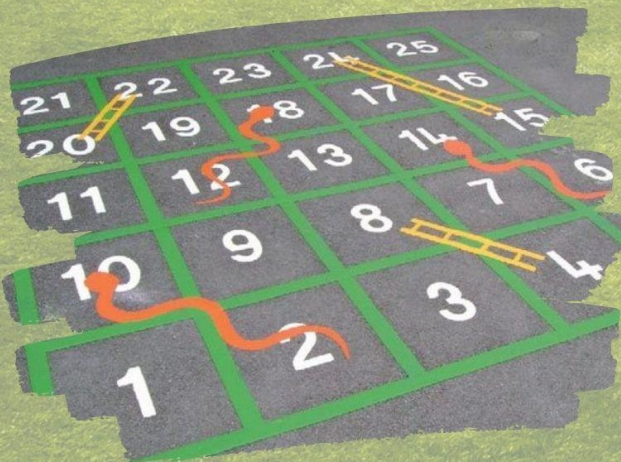


Active Challenge



'Giant pavement/patio games!'

You will need: Chalk and your parent's permission!



Draw your favourite board games in chalk and get playing!

Above is Twister, Hopscotch, Snakes and Ladders and Draughts.

Can you create any other games?

Active Challenge



'Walk the plank!'

How strong is your core?

Which medal can you achieve for each?

Forward Plank

Keep your back as flat as possible



90 seconds +



45-89 seconds



0-44 seconds

Side Plank



45 seconds +



21-44 seconds



0-20 seconds



Why not set your family the same challenge?

Active Challenge



'Keepy Uppy!'

Which medal can you achieve for each activity?

Keepy Uppy: KNEES ONLY



5+



3-4



0-2

Keepy Uppy: FEET ONLY



10+



5-9



0-4



Active Challenge



'Make your own Obstacle Course!'



Indoors..... or outdoors!

How long does it take you to complete the course?

Try to beat your time!

Now challenge members of your family!