Challenge 1 – Multi -skills

Obstacle relay

- Ask your child(ren) to create and set up an obstacle relay (in the house or garden) making use of items in the home/garden.
- Ask them to explain and demonstrate it.
- Give it a trv!

Easier way: Change the equipment or task Harder way: Make it a time trial – who can complete it in the quickest time!



Animal alphabet

Use your body to write your name! Perform each animal move for 10 seconds

<mark>A –</mark> Bunny Hops	B – Frog jumps	C – Gallop like a zebra	D – Bunny Hops	E – Spotty dogs
F – Stretch tall like a giraffe	G – Scuttle like an ant	H – Duck walks (keep low)	I – Sideways crab crawl	J – Kangaroo jumps (side to side)
K – Travel like a butterfly	L – Waddle like a penguin	M – Spotty dogs	N – Jump like a grasshop per	<mark>0 –</mark> Bear crawl
P – Duck walks (keep low)	Q – Stretch tall like a giraffe	R – Sideways crab crawl	S – Waddle like a penguin	T – Scuttle like an ant
U – Kangaroo jumps (side to side)	V – Gallop like a zebra	₩-Frog Jumps	X – Bear crawl	Y– Wiggle like an octopus
Z – Lie on your side & lift your top leg up & down like a crocodile		ABCDE FGHIJ		

Easier way: Perform each action just once. Harder way: Can you write different words?

Challenge 6 – Problem solving 🤨

Challenge 5 – Personal Best 🤓

Bouncer

You will need a line on the floor (chalk, skipping rope, tape, crack in the pavement, etc.)

- The 'bouncer' must jump from side to side over the line – jumping and landing on 2 feet.
- They have 20 seconds to complete as many bounces as possible.
- Can the bouncer beat their own bounces?

Easier way: No time limit. How many bounces can the bouncer complete?

Harder way: Replace the line with an object to jump over, for example a rolled-up towel!

Indoor scavenger hunt

You will need general household items.

- Find a fork
- Find something that is red
- Find a tissue box
- Find an orange crayon
- Find 3 things that have wheels
- Find something that's very soft
- Find a key
- Find 2 socks that match
- Find something round
- Find a sticker

Easier way: Reduce the number of items to find. Harder way: Provide clues instead of statements Include the outdoors (garden)

Challenge 3 – Mindfulness

Sense countdown

Sit or stand still. Close your eyes or look downward. Take 3 deep breaths in and out. Open your eyes.....

- notice 5 things you can see
- notice 4 things you can touch
- notice 3 things you can hear
- notice 2 things you can smell
- notice 1 thing you can taste

Close your eyes and take 3 deep breaths between each countdown.

Challenge 4 – Dance



Anna's frozen game

You will need something to play music on and choose a DJ!

- Start dancing and do your best moves.
- When the DJ stops the music, you all freeze!
- If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!

Easier way: Change star jumps to single side steps

Harder way: Increase number of star jumps, speed of star jumps or add another move -20star jumps plus run on the spot for 10 seconds

Challenge 7 – Gymnastics

What's rolling on?

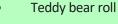
Learn & perform 5 different gymnastics rolls:

Rock on back

Egg roll

Pencil roll

Dish roll



Easier way: Choose just one roll to master before moving onto any others. Harder way: Put all rolls together and perform as part of a sequence.

Physical Activity Challenges: 4 – 7 **vear olds**





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