

Challenge 1 – Multi -skills

Compass Run

You will need a safe space, five small items (beanbag or socks rolled up) and a timer.

- Place the four small items in the shape of a compass N,E,S,W and the remaining item in the middle.
- Start in the middle and on 'Go' run in order, to collect each item and place it on the floor in the middle. Then return them back to their original place.
- How long does it take you? If you have a bigger space, make your compass bigger. Repeat it two or even three times.

Easier way: Make the compass (running area) smaller.

Harder way: Make the compass area bigger

Challenge 2 – Fitness

Jump to it

You will need Dice (or someone to call out numbers 1 to 6)

- Roll the dice and perform the matching jump. Keep jumping while the dice is rolled again – this way you keep active!
- Jump 1:** Two footed jump on the spot (take off on two feet and land on two feet)
- Jump 2:** Take off on one foot and land on the same foot = HOP
- Jump 3:** Take off on one foot and land on the other = LEAP
- Jump 4:** Jump in a circle
- Jump 5:** Touch the sky! Jump as high as you can.
- Jump 6:** Touch the floor and jump in the air.

Challenge 3 – Mindfulness

Pirate Yoga

Hold each pose for 6 – 10 seconds. Breathe in slowly and exhale slowly. Stay as still as you can. Try and move from one pose to the next, as smoothly as you can.



Challenge 4 – Dance

Cha Cha Slide

- Use YouTube – or Google 'Cha Cha Slide Official Video'
- Listen to the song and follow the actions! Practice it a few times and then see if you can do it without the video.
- Try and add in your own moves! Show someone your dance and ask them to join in!

Easier way: Just do the main chorus.

Harder way: Add in some jumps and travel. Use your arms in every action.

Challenge 5 – Personal Best

Up you get

- The aim is to see how many times you can get up from the floor and do a star jump.
- Start sitting on the floor. On 'go' get up onto your feet and do a big star jump. Sit back down again and repeat. How many can you do?
- Have a rest and try again.

Easier way: Use the sofa to sit on

Harder way: See how many you can do in one minute!

Challenge 6 – Problem solving

Name game

You will need Small objects from your house or garden and a timer.

- The aim of the game is to find small objects in your house or garden that match the letters in your name. Choose a starting position, perhaps in the middle of your garden and see how many matching objects you can find.
- Bring the objects back to the starting point and count them. See how long it takes you to go and put them all back!
- You can also use other words for example:
F = fruit L = loo roll O = orange
W = wooden spoon E = Easter egg
R = raisin. S = small stone

Challenge 7 – Gymnastics

Alphabet shapes

- Choose a letter of the alphabet and make the shape of something beginning with that letter. For example B = butterfly.
- Hold the shape still and see if your partner can guess your shape.
- Be strong, still and balanced.
- You could work with a partner to make a shape.

Easier way: Ask a grown up to call out letters that have easier objects to make. T = tree

Harder way: Choose two letters and link your actions together.

Week 5 Physical Activity Challenges: 4 – 7 year olds





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