

## Challenge 1 – Multi -skills



### Compass challenge

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

- Place the 8 small items in the shape of a compass and the remaining item in the middle.
- Start in the middle and on 'Go' run in order to collect each item. Place it back 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 lots of times.



## Challenge 2 – Fitness



### Combat circuit

- Complete these activities. Try and do them one after the other before having a rest.
- Commando crawl (forwards for 5 seconds and backwards for 5 seconds repeat)
- Climb the ladder (20 seconds) Star Jumps (20 seconds)
- Squat and jump (20 seconds)
- Leg kicks (alternate for 20 seconds)
- Fast feet (20 seconds)

#### Work hard and repeat!

**Easier way:** Complete each exercise once for 15 seconds. Rest then repeat.

**Harder way:** Complete each exercise for 30 seconds and perform the circuit twice before resting.

## Challenge 3 – Mindfulness



### Summer senses safari

- Use some of your senses to help you relax your mind and body.
- Sit or stand in a relaxed position in your chosen space. Breathe deeply five times and feel your muscles relax.
- Listen – what can you hear? If you can hear lots of sounds, choose your favourite one and focus on that. Be still and quiet. Listen for a few minutes. On your piece of paper write down or draw a picture of what you heard.
- Now go for a slow walk around your garden or outdoor space. What can you see? Choose your favourite thing and write it down or draw a picture.
- Keep walking slowly – how many different things can you safely touch? Again, choose your favourite thing and write it down or draw a picture.
- Use your thoughts to make a picture and colour it in.

## Challenge 4 – Dance



### Sport Dance

Choose a sport to help you make a short dance. Let's start with Football! Here are some important actions:

- Header** – jump and use your head and then celebrate
- Throw in** – step, throw and run onto the pitch
- Strike** – kick and celebrate
- Pass** – move and pretend to pass
- Dodge** – imagine getting away from a defender. Try a side step
- Tackle** – pretend to tackle
- Mime each action and link them together. You could include some warm up actions too (jog, high knees, lunges)
- This dance will work with any sport – try netball or even swimming!

## Challenge 5 – Personal Best

### Hold the plank



- How long can you hold the plank position for?
- Make sure you have the correct body position. Try and keep your body straight.
- Have a rest and try and beat it!



**Easier way:** Use a chair or sofa to rest your arms on.

**Harder way:** Hold the plank position but push up onto your hands and then back down again!

## Challenge 6 – Problem solving



### Sports charades

You will need two people and a safe space.

- Test your non-communication and observation skills with this game.
- One person selects a sport and has 2 minutes to mime the sport to the other person. You cannot speak or write anything down – use actions only (one point)
- Now try and select a technique within a chosen sort. For example, the serve in tennis. Your partner has to name the sport and the technique (two points)

**Easier way:** Choose an easy sport and technique.

**Harder way:** Choose 2 techniques, for example, in football or hockey, dribbling the ball and scoring. Your partner would get three points (one for the sport, one for dribbling and one for scoring)

## Challenge 7 – Gymnastics



### Max Whitlocks HIIT workout Rebound jumps –

Google 'Max Whitlocks HIIT workout Wednesday' and follow the exercises

- Rebound jumps** - small jumps, knees bent and straight body.
- Hop and balance** – 3 hops and balance then swop legs and repeat.
- Dish Rocks** – lie on your back with your legs straight and lifted off the floor. Raise your legs gently so you rock – you should feel this in your tummy.
- Arch Ups** – Lie on your tummy with your legs straight and your arms stretched in front of you. Raise your legs and arms at the same time.
- Front support climbs** – get into the plank position. Start on your hands and then lower one arm after the other, so you go onto your forearms.
- Front support to back support** – start in the front support position and turn your body into back support – repeat.

# Week 5 Physical Activity Challenges: 7 – 11 year olds





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