

Challenge 1 – Multi -skills



Let's Bounce!

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

- Place the 5 small items on the floor in a straight line keeping them around half an adult stride apart.
- Starting at one end on 'Go' jump from the first item to the next to the next until you get to item 5. Then run back to the start and repeat again.
- How many jump can you do in 30 seconds? You get 1 point for every bounce!

Easier way: Bring the items closer together

Harder way: Take the items further apart
Can you think of other ways other than jumping that you can travel?

Challenge 2 – Fitness



Shuttle run

You will need a safe space, 2 small items (tins, socks, pegs, etc.) and a timer

- Place your 2 items approximately 4 metres (4 adult strides) apart
- Get an adult to time you – when they say 'go' run back and forth between each marker. How long does it take you to do this 10 times (10 x 4 metres)?
- Every cone/marker must be touched with one hand.

Easier way: Reduce the distance, repetitions or change the way you travel

Harder way: Touch each cone with a different body part.

Challenge 3 – Mindfulness



Pirate Yoga

Hold each pose for 5 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 in 20 seconds?
- Have a rest and try again.

Easier way: Use the sofa to sit on

Harder way: See how many you can do in 30 seconds?

Challenge 6 – Problem solving



Touchy feely

- You will need a bag and objects from around the house/garden
- Children must feel the bag and try to work out what each object is.
- Several objects together can create a theme which children must guess
- Could children identify objects through their smell/taste?

Easier way: Larger, more familiar objects and clues

Harder way: Smaller objects

Challenge 7 – Gymnastics



Beautiful balance

- Make your own balances, using different body parts.
- Remember to hold each balance for 3 seconds. Keep as still and stretched as you can.
- Try using your hands, feet, knees, elbow, back and tummy.
- Can you move from one balance into the next without wobbling?

Easier way: Use bigger body parts, like your back and tummy.

Harder way: Use small body parts – hold your balances for longer (5 seconds).

Week 5 Physical Activity Challenges: Pre-schoolers





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