

Challenge 1 – Multi -skills



Fill the boat

You will need 2 markers (socks, tins, pegs, cones, etc.), a timer and objects (household or garden) to collect

- Spread a range of objects around the area you are working in.
- Set yourself a starting point with your markers.
- Collect as many objects as you can in 30 seconds!
- You can only pick up one object at a time and must bring it back to your marker before collecting another
- Objects must be placed down by your marker, not thrown!

Easier way: Allow more time - have longer than 30 seconds .

Harder way: Travel in different ways to collect the objects (hop, skip, backwards)

Challenge 2 – Fitness



Shuttle run

You will need 2 markers (socks, tins, pegs, cones, etc.) and a timer.

- You have 30 seconds to run around the cone and back (1 lap) as many times as you can. You must run around the cone for the lap to count.
- If you get over halfway when the 30 seconds is up, the lap counts.

Easier way: Allow more time - have longer than 30 seconds.

Harder way: Move the markers further apart.

Challenge 3 – Mindfulness



Finger breathing

- Sit and gently close your eyes.
- Take a deep breath in and a slow breath out.
- Place a finger under your nose (or in front of your mouth) to help you to pay attention to your breathing.
- Take a few breaths quietly and answer the following questions about how your breath feels on your hand:
- Does your breath feel warm or cold?
- Is it dry or damp?
- Is your breath moving quickly or slowly?
- How does your breath feel on their finger?

(When children feel stressed or anxious, invite them to spend a couple of minutes paying attention to how their breath feels on their finger to help them to regulate.)

Challenge 4 – Dance



The macarena

You need to access YouTube – or Google ‘The Macarena’ by Los del Mar.

- Listen to the song and follow the actions! Practice it a few times and then see if you can do it without the video.
- Have fun!

Easier way: Just do the main chorus.
Harder way: Extend the main chorus by adding in some of your own moves!

Challenge 5 – Personal Best



Target throw

You will need:

- Target area – this can be made using ropes, coloured clothing, cones
- 5 objects – you can use soft toys, packets of crisps, socks, etc.
- A line (to indicate the start point)

- Set out a target with several different rings.
- Standing on the start line, you should throw each of your 5 objects at the target trying to score as many points as you can.
- Give each ring a different points total.

Easier way: Throw lighter objects

Bring the start line closer to the target.

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

Challenge 6 – Problem solving



Blindfold trust

You will need Blindfolds or scarves/tea towels.

- Work in pairs with one person wearing a blindfold.
- Guide your ‘blind’ partner around the room (or garden) without touching them – you can only speak to them!
- Repeat through an obstacle course.
- Swap roles and let your partner guide you!

Challenge 7 – Gymnastics



One legged stalk balance

You will need a timer.

- Stand on one foot, in a stork balance, for 30 seconds.
- Don’t rest your non-standing leg on your foot or inside leg.
- Your heel should point towards your bottom.

Easier way: Use the wall for support.

Harder way: Raise your leg in different positions, e.g. straight out in front, straight out to the side, knee raised up in front.

Physical Activity Challenges: 4 – 7 year olds





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