

Challenge 1 – Multi -skills



Challenge 2 – Fitness



Challenge 3 – Mindfulness



Challenge 4 – Dance



Around the clock

You will need 5 markers (cones, socks, pegs) and a timer.

- Create a clock face by placing markers 3m away from the starting position at 12, 3, 6 and 9 o'clock.
- Start by standing on the middle marker.
- You have to touch each marker, around the clock face in a clockwise direction, returning to the middle marker each time (middle to 12, back to the middle, middle to 3, back to the middle, etc)
- You have a maximum of 30 seconds to complete as many rotations as possible, using the following starting positions:
 1. Standing on both feet
 2. Stand on your strongest leg
 3. Stand on the opposite leg

Draw the T

You will need 4 markers (cones, socks, pegs) and a timer.

- Set out a T shape (like on the diagram)
Run straight to the first marker
- Sidestep to the left-hand marker and touch with your left hand
- Sidestep back to the right-hand marker and touch with your right hand,
- Sidestep back to the middle marker
- Run backwards to the beginning!
- How many rotations can you complete in a minute?

Easier way: Move the markers closer together Don't worry about touching the markers.

Harder way: Move from marker to marker in different ways (hopping, on hands and feet, backwards, etc).

Mindfulness of touch

You will need a range of household objects.

- Sit, in a quiet, relaxing space and practice mindful breathing with your hands behind your back.
- Then, get a member of your family to place an object in each of your hands without showing you.
- Can you figure out what the object is?
- Think about the shape, texture, size and other qualities. (examples include dice, game pieces, coins, marbles, shells, pinecones etc.)
- Talk about how much you can learn from 'touch' if you are paying attention and what you can't learn (such as colour or taste).
- Give a couple of clues if struggling to guess the object.

Create it

You will need some music of your choice.

Use the following actions words to help you create your own dance:

Jump, Turn, Twist, Spin, Slide, Step, Pose, Freeze, Hands up/hands down, Kick, Flick, Rotate and Leap.

Use these creative words to help you: Low/high, Side to Side, Upper body only, Travel, Together, Apart, Alternate, Repeat, Slowly and quickly.

Link actions together. Have fun!

Challenge 5 – Personal Best

Speed bounce



You will need a cereal box.

Jump (2 foot to 2 foot) over the box as many times as possible in 30 seconds.

Easier way: Jump over a rope/hosepipe or line in your house/garden.

Harder way: Jump forwards and back rather than side to side.

Challenge 6 – Problem solving



Colour hunt

This can be done indoors or out on your daily walk. Can you find something...



Easier way: Reduce the number of colours you look for.

Harder way: Can you find any more, less common, colours?

Challenge 7 – Gymnastics



Rolling, rolling, rolling,

Learn and perform 5 different gymnastics rolls:

1. Rock on back



2. Egg roll



3. Pencil roll



4. Dish roll



5. Teddy bear roll



Physical Activity Challenges: 7 – 11 year olds





Get Sharing with #StayInWorkOut

We would love to see you all being active! Please keep us updated with your efforts by uploading your photos and videos using #StayInWorkOut and tag our social media.



@WyreForestSchoolSportPartnership

@allactiveacademy



@WyreForestSSP

@all_cic



Include your school name in your post and be in with a chance of **winning sports equipment for your school**. Each month the school with the highest number of social media posts will earn equipment for their school.



For more ideas and activities for staying active at home, please visit - www.sportpartnershiphw.co.uk/stay-active-at-home

Please  Follow,  Retweet and  Get involved