

## 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 60 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:** Remove the time limit and set a target amount of objects to collect i.e. collect 3 objects

**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.

- Place the markers 2 large strides apart
- You have 30 seconds to run from one marker to the other as many times as you can.
- You should touch the marker with your hand each time.
- Score a point for every time you touch a marker

**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 a skipping rope, 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 – one circle/ring
- 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
- Get a point for each time you hit the target. Now try and beat your score!

**Easier way:** Throw lighter objects.

**Harder way:** Move the target further away from the start.

## 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!

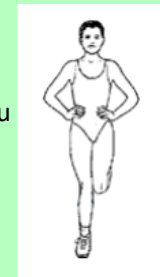
## Challenge 7 – Gymnastics



### One legged stalk balance

You will need a timer.

- Stand on one foot, in a stork balance for as long as you can. Time how long you can hold it for. Can you beat it?
- You should not 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.

# Week 6 Physical Activity Challenges: Pre-schoolers





# 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. **This month's winners to be announced on Sunday 31<sup>st</sup> May!**



For more ideas and activities for staying active at home, please visit - [www.sportpartnershiphw.co.uk/stay-active-at-home](http://www.sportpartnershiphw.co.uk/stay-active-at-home)

Please ← Follow, ↻ Retweet and 🤖 Get involved