

## Challenge 1 – Multi -skills

### Obstacle relay

- Ask your child(ren) to create and set up an obstacle relay (in the house or garden) making use of items in the home/garden.
- Ask them to explain and demonstrate it.
- Give it a try!

**Easier way:** Change the equipment or task  
**Harder way:** Make it a time trial – who can complete it in the quickest time!

## Challenge 2 – Fitness

### Animal alphabet

Use your body to write your name! Perform each animal move for 10 seconds

A – Bunny Hops	B – Frog jumps	C – Gallop like a zebra	D – Bunny Hops	E – Spotty dogs
F – Stretch tall like a giraffe	G – Scuttle like an ant	H – Duck walks (keep low)	I – Sideways crab crawl	J – Kangaroo jumps (side to side)
K – Travel like a butterfly	L – Waddle like a penguin	M – Spotty dogs	N – Jump like a grasshopper	O – Bear crawl
P – Duck walks (keep low)	Q – Stretch tall like a giraffe	R – Sideways crab crawl	S – Waddle like a penguin	T – Scuttle like an ant
U – Kangaroo jumps (side to side)	V – Gallop like a zebra	W – Frog jumps	X – Bear crawl	Y – Wiggle like an octopus
Z – Lie on your side & lift your top leg up & down like a crocodile				

**Easier way:** Perform each action just once.  
**Harder way:** Can you write different words?

## Challenge 3 – Mindfulness

### Sense countdown

Sit or stand still. Close your eyes or look downward. Take 3 deep breaths in and out. Open your eyes.....

- notice 5 things you can see
- notice 4 things you can touch
- notice 3 things you can hear
- notice 2 things you can smell
- notice 1 thing you can taste

Close your eyes and take 3 deep breaths between each countdown.

## Challenge 4 – Dance

### Anna's frozen game

**You will need something to play music on and choose a DJ!**

- Start dancing and do your best moves.
- When the DJ stops the music, you all freeze!
- If you don't stop as soon as the music does, then you must do 20 star jumps to warm yourself back up and melt the ice!

**Easier way:** Change star jumps to single side steps

**Harder way:** Increase number of star jumps, speed of star jumps or add another move – 20 star jumps plus run on the spot for 10 seconds

## Challenge 5 – Personal Best

### Bouncer

**You will need** a line on the floor (chalk, skipping rope, tape, crack in the pavement, etc.)

- The 'bouncer' must jump from side to side over the line – jumping and landing on 2 feet.
- They have 20 seconds to complete as many bounces as possible.
- Can the bouncer beat their own bounces?

**Easier way:** No time limit. How many bounces can the bouncer complete?

**Harder way:** Replace the line with an object to jump over, for example a rolled-up towel!

## Challenge 6 – Problem solving

### Indoor scavenger hunt

You will need general household items.

- Find a fork
- Find something that is red
- Find a tissue box
- Find an orange crayon
- Find 3 things that have wheels
- Find something that's very soft
- Find a key
- Find 2 socks that match
- Find something round
- Find a sticker

**Easier way:** Reduce the number of items to find.

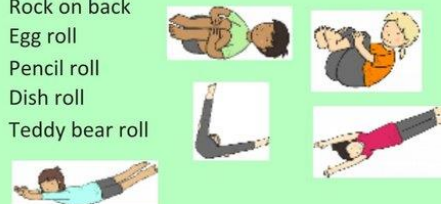
**Harder way:** Provide clues instead of statements  
 Include the outdoors (garden)

## Challenge 7 – Gymnastics

### What's rolling on?

Learn & perform 5 different gymnastics rolls:

- Rock on back
- Egg roll
- Pencil roll
- Dish roll
- Teddy bear roll



**Easier way:** Choose just one roll to master before moving onto any others.

**Harder way:** Put all rolls together and perform as part of a sequence.

# Week 4 Physical Activity Challenges: 4 – 7 year olds





## Challenge 1 – Multi -skills



### Roll-a-ball

- Stand 5 strides apart with legs apart, from your parent/carer. The aim is to roll the ball so it comes to a standstill in between the legs of your opponent. If it does, it is 1 point to you!
- First person to 5 points is the winner!

**Easier way:** The ball just has to pass between the legs.

**Harder way:** Stand further away with legs closer together.

## Challenge 2 – Fitness



### Roll to fitness

You will need a dice from a board game or use a virtual online dice. <https://freeonlinedice.com/>

- Roll the dice and perform the following moves depending on what number you roll.

- 1 = 10 star jumps
- 2 = 10 hops on right leg
- 3 = 10 hops on left leg
- 4 = hold the plank position for 10 seconds
- 5 = jump and grab 10 stars from the sky
- 6 = sprint on the spot for 10 seconds

**Easier way:** Perform the actions for less time or less number of times.

**Harder way:** Create your own actions for the different numbers on the dice.

## Challenge 3 – Mindfulness



### Breathe deeply

- Stand or sit inside the house but place both hands on your tummy and close your eyes.
- Breathe in for 1-2-3 and out for 1-2-3. Pause slightly before repeating.
- Whilst you are doing this, listen to the sounds around you. After 5 minutes do this again but, in the garden/ on the patio.
- Can you describe the different sounds from being inside to outside to your parent/carer?

**Harder way:** Can you write/draw about the sounds you heard?

## Challenge 4 – Dance

### Cartoon capers

- All week, set yourself a challenge that every time a cartoon comes on the TV, you must get up off the sofa/floor and boogie along to the theme music.

**Easier way:** If you can't think of many boogie moves, just march/jump on the spot and clap in time to the music.

**Harder way:** Try to remember some of the moves you do and repeat them for the next cartoon



## Challenge 5 – Personal Best



### Timed turnover

You will need a pack of cards (normal playing cards or Top Trumps etc), floor space, a parent/carer with mobile phone timer.

- Place all the cards face down and spread them out evenly across the space you are working in.
- Ask your parent/carer to count you in (3,2,1) and on 'go' you have 15 seconds to turn over as many playing cards as possible.
- Repeat the game and see if you can beat your score

**Easier way:** Play the game in a smaller space.

**Harder way:** Place the cards at different levels and across a wider space.

## Challenge 6 – Problem solving



### Draw and describe

You will need a parent/carer/brother or sister to do this activity.

- Draw (using your finger) a shape/letter/number on the back of your parent/carer who has to describe and guess what you have drawn.
- Swap over and you have to guess what is drawn on your back.

**Easier way:** Stick to simple shapes and letters.

**Harder way:** Draw a more complex shape such as a house or teddy bear.

## Challenge 7 – Gymnastics



Parent/Carer to read the following story whilst the child(ren) travel/balance/roll in the corresponding ways.

One morning all the children in the street decided to go on jungle adventure. They **jumped** out of bed and **ran** around the house getting ready. They **hopped** onto the aeroplane which flew them to the jungle. They landed safely and started their adventure. They came across some spiders (**spider walking on hands and feet**) and decided to hide behind a tree (**balance on 1 leg with arms in the air**) until the coast was clear.

Next they saw some giant frogs (**frog jumping**), and quickly rolled (**pencil roll**) out of the way!

They stumbled on a small bridge (**balance on hands and feet in a bridge shape**) which they **skipped** across. By now they were tired and decided to head for home.

## Physical Activity Challenges: 4 – 7 year olds





## Challenge 1 – Multi -skills

### Feed the crocodile

- You will need rolled up socks, something as a target – washing basket, sandwich box or even a piece of paper (you could draw a crocodile on it)
- Try and get the rolled sock to land on/in the target by dropping it from above head height.
- Stand away from the crocodile and start with the rolled sock above your head.
- Take aim and drop!

**Easier way:** Stand closer and make the crocodile (target) bigger.

**Harder way:** Move further away and around the crocodile. Use your other hand.

## Challenge 2 – Fitness

### Animal Fun

- Do each exercise for 30 seconds and then rest for two minutes. Repeat.

**Frog jumps** –squat down with hands between your feet and jump up high – just like a frog.

**Kangaroo jumps** – start with your feet together and jump high like a kangaroo. Keep your arms tucked in.

**Snake drop** – start in the plank position (bit like a press up position) Hold still for 10 seconds, then lower yourself to floor – lie flat and still for 10 and then push back up. Repeat.

**Monkey swing** – start with your feet together. Leap to the one side then return to your start position. Leap to the other side and return. Use your arms – swing them out and back.

**Leopard sprint** – run on the spot as fast as you can. Remember leopards are the fastest runners –can you go as fast as a leopard? Repeat and have fun!

**Easier way:** Have a 30 second rest in between each exercise

**Harder way:** Do each exercise for a minute with less rest in the middle.

## Challenge 3 – Mindfulness

### Animal Yoga

Calming, simple yoga poses linked to different animals. Hold each pose for a few seconds. Breathe deeply and relax.



**Easier way:** Choose four of the easier poses – cat, butterfly, elephant and frog.

**Harder way:** Hold the poses for longer. Move smoothly from one pose into the other – link them together. Create a cycle/sequence

## Challenge 4 – Dance

### Pirate Party

- Play your favourite song and keep moving and follow these commands:

**Climb the ladder** – on the spot, high knees and reach above your head with your arms

**Scrub the deck** – crouch down low and use both arms to pretend to scrub the floor

**Overboard** –start on the spot and jump to the side. Repeat to the other side

**Captains coming** – Jump to attention forwards, side, back and side (so you are jumping in a small circle)



## Challenge 5 – Personal Best

### Bounce the ball

- You need a small ball.
- The aim is to see how many times you can bounce the ball and catch it, in 1 minute.
- You can use one or two hands to catch the ball.
- The ball can bounce once or twice – you decide.
- Have a few practice goes and then time yourself doing the challenge. Repeat the activity and try and beat your best.

**Easier way:** Let the ball bounce two or even three times. Use a bigger ball.

**Harder way:** Let the ball bounce once. Use one hand. Try with your other hand.

## Challenge 6 – Problem solving

### Cross the swamp

- You will need two pieces of paper per player.
- Put the first piece on the floor and step onto it. The, put the other piece on the floor and step onto that one.
- Next person has their go.
- Repeat so that you travel across to the other side of the swamp.
- Try not to fall/step into the swamp.

**Easier way:** Keep the swamp small so you don't have to travel across too far.

**Harder way:** Use one piece of paper each – you can have two people on it. How fast can you get across? Time yourselves.

## 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).

## Physical Activity Challenges: 4 – 7 year olds







# Physical Activity Challenges: 4 – 7 year olds



## Challenge 1 – Multi-skills



### Target hoops

- You will need 3 hoops (buckets or draw chalk lines), 4 bean bags (or rolled up pairs of socks)
- Choose a starting 'line'.
- Place the **hoops** next to each other with the first hoop 2m away.
- See how many points you can score.

**Easier way:** Move the hoops closer to the starting line/use larger hoops

**Harder way:** Move the hoops further away/use your non-dominant hand

## Challenge 2 – Fitness



### Zig-zag run

- Set out a zig-zag course using cones/ markers, with a clear start and finish.
- Get an adult to time you – when they say 'go' see how quickly you can complete the course.
- Every cone/marker must be touched with one hand.
- The stopwatch will be stopped when cross the finish line.

**Easier way:** Touch each cone with your foot/toe.

**Harder way:** Make the course wider so that the cones are further apart/touch each cone with a different body part.

## Challenge 3 – Mindfulness



### Teddy bear breathing

- This activity encourages children to think about and control their breathing.
- Ask them to lie on the floor and place a teddy bear on their tummy.
- Ask them to take a deep breath in, and a slow breath back out again.
- Ask them to breathe in as you count to three and out as you count to three.
- Ask to watch how the teddy-bear is moving on their tummy.

## Challenge 4 – Dance



### Musical statues

- You will need music e.g. CD player, radio, through a phone or television.
- Each person starts with 5 lives. Move around (dance) to the music and, when the music stops, stand like a statue and don't move! The first person to move loses one of their lives. Once all lives are lost that person is out! The last one left in is the winner!
- You could also try blinking or shrugging your shoulders too.

**Harder way:** Stop the music at quicker intervals. Hold a balance when the music stops.

## Challenge 5 – Personal Best



### Speed bounce

- You will need 2 cones and a stick (broom or pole) or a line on the floor in the garden/house
- Jump (2 foot to 2 foot) over the line as many times as possible in 20 seconds

**Easier way:** Jump from 1 foot to the other

**Harder way:** Add an obstacle to jump over

## 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 (e.g. Easter items)
- Could children identify objects through their smell/taste?

**Easier way:** Larger, more familiar objects and clues

**Harder way:** Smaller objects

## Challenge 7 – Gymnastics



### Body alphabet

- Get an adult to shout out different letters in the alphabet.
- Can you create that letter using body parts?

**Easier way:** Choose whether to do a lower case or uppercase letter

**Harder way:** Can you spell words, creating each letter at a time?

## Find out more

[Board Games](#)  
[Problem solving feel bag games](#)  
[Athletics](#)  
[Dance 10-minute shake ups](#)  
[Cosmic kids yoga](#)  
[PE with Jo Wicks](#)  
[Go Noodle](#)





## Challenge 1 – Multi -skills



### Compass Run

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

- Place the four small items in the shape of a compass N,E,S,W and the remaining item in the middle.
- Start in the middle and on 'Go' run in order, to collect each item and place it on the floor 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 two or even three times.

**Easier way:** Make the compass (running area) smaller.

**Harder way:** Make the compass area bigger

## Challenge 2 – Fitness



### Jump to it

You will need Dice (or someone to call out numbers 1 to 6)

- Roll the dice and perform the matching jump. Keep jumping while the dice is rolled again – this way you keep active!

**Jump 1:** Two footed jump on the spot (take off on two feet and land on two feet)

**Jump 2:** Take off on one foot and land on the same foot = HOP

**Jump 3:** Take off on one foot and land on the other = LEAP

**Jump 4:** Jump in a circle

**Jump 5:** Touch the sky! Jump as high as you can.

**Jump 6:** Touch the floor and jump in the air.

## Challenge 3 – Mindfulness

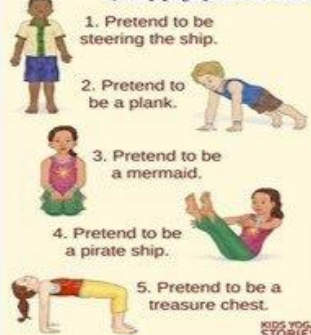


### Pirate Yoga

Hold each pose for 6 – 10 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.

### PIRATE YOGA

\*5 easy yoga poses for kids\*



## 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?
- Have a rest and try again.

**Easier way:** Use the sofa to sit on

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

## Challenge 6 – Problem solving



### Name game

You will need Small objects from your house or garden and a timer.

- The aim of the game is to find small objects in your house or garden that match the letters in your name. Choose a starting position, perhaps in the middle of your garden and see how many matching objects you can find.
- Bring the objects back to the starting point and count them. See how long it takes you to go and put them all back!
- You can also use other words for example:

F = fruit L = loo roll O = orange

W = wooden spoon E = Easter egg

R = raisin. S = small stone

## Challenge 7 – Gymnastics



### Alphabet shapes

- Choose a letter of the alphabet and make the shape of something beginning with that letter. For example B = butterfly.
- Hold the shape still and see if your partner can guess your shape.
- Be strong, still and balanced.
- You could work with a partner to make a shape.

**Easier way:** Ask a grown up to call out letters that have easier objects to make. T = tree

**Harder way:** Choose two letters and link your actions together.

# Week 5 Physical Activity Challenges: 4 – 7 year olds

