

## Challenge 1 – Multi -skills



### Hopscotch

**You will need chalk (outside) or tape (inside) and a stone of a coin.**

- Mark out a hopscotch grid like the one shown here.
- Throw the stone/coin to land on number 1. You must jump over or hop around wherever your marker lands.
- Hop on one leg on the single squares.
- Jump with two feet on the double squares.
- When you reach 10, hop around and move the same way back to the start picking up your marker as you pass.
- Take it in turns throwing your marker on each number in turn, always hopping over the square with the marker in it as you return to the start.
- The goal is to complete the course having thrown the marker onto each number in turn.

## Challenge 2 – Fitness



### Body Alphabet

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

A – Bunny Hops	B – Tip toe walking	C – Heel walking	D – Bunny Hops	E – Star Jumps
F – Star Jumps	G – Jogging on a spot	H – Sprints	I – Karate Kicks	J – Hop up & down (right leg)
K – Karate Kicks	L – Skipping on the spot	M – Arm circles (forward)	N – Tip toe walking	O – Toe touches
P – Hop up & down (left leg)	Q – High knees	R – Arm circles (backward)	S – High knees	T – Jogging on a spot
U – Kangaroo Jumps (side to side)	V – Toe touches	W – Frog Jumps	X – Heel walking	Y – Sprints
Z – Can you do your legs				

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

## Challenge 5 – Personal Best



### Burpee challenge

- How many burpees can you complete in 60 seconds?
- Begin in a standing position
- Move into a squat position with your hands on the ground
- Keep your feet back into a plank position, while keeping your arms extended
- Immediately return your feet back to a squat position
- Stand up from squat position.
- Can you beat your score?

**Easier way:** Step rather than jump the leg extensions or take them out completely.  
**Harder way:** Jump up from squat position.

## Challenge 6 – Problem solving

### Senses scavenger hunt



Use items from around the house.

- Find something that makes a crunch sound
- Find something that tastes sour
- Find something that smells good
- Find something smooth
- Find 3 of the same thing
- Find something that smells bad
- Find something long
- Find something white
- Find something rough
- Find something loud

**Easier way:** Reduce number of items to find.  
**Harder way:** Set a time limit!

## Challenge 7 – Gymnastics



### Body balance

How many of these balances can you perform?



## Challenge 3 – Mindfulness



### Rainbow breaths

- Stand with your feet shoulder width apart, arms gently resting by your sides.
- Slowly raise your arms up and take a deep breath in.
- Try to breathe in until your hands reach each other over your head.
- Breathe out slowly while lowering your hands. Visualise the beautiful rainbow you are making. Repeat 5 to 10 times. Each time you breathe in imagine you are adding another colour to your rainbow.
- Once your rainbow is done, slowly open your eyes.



## Challenge 4 – Dance



### Jungle Jig with Nala and Simba

- Start playing some music
  - Take two sideways steps right and tap the toes of your left foot on the ground in time with the music. Then do the same to the left
  - Now add some arm moves! As you step each way, wave your arms side to side above your head
  - Finally, after your two steps in each direction, do a special dance move. Try a star jump, dabbing, flossing or swivelling your hips like you have a hula hoop. It can be anything!
  - See if you can keep dancing for 10 minutes.
- Easier way:** Reduce target time of 10 minutes or insert a break halfway through.  
**Harder way:** Add in a new dance move or increase the time to dance.

# Week 4 Physical Activity Challenges: 7 – 11 year olds





## Challenge 1 – Multi -skills



### Basketball sock shoot out

#### You will need a

**Toy Storage box or similar**  
**5 pairs of rolled up socks**

- Place the toy storage box against a wall (ideally outside) and count 5 strides away.
- Try to throw the socks into the box directly or by rebounding off the wall.
- Keep practicing until you get 5 out of 5 in.
- Challenge other people in your house!

**Easier way:** Try throwing from only 3 strides away, using an underarm throw.

**Harder way:** Try throwing from different angles into the box.

## Challenge 2 – Fitness



### Five step stair challenge

- Starting at the bottom of your staircase, climb up 3 steps and down two. Always remain racing forwards.
- Then repeat this until you reach the top.
- Up 3,
- Down 2,
- Repeat!
- Try to repeat the whole challenge 5 times.

**Easier way:** Climb up 2 and down 1 and repeat.

**Harder way:** Repeat the whole challenge more than 5 times.

## Challenge 3 – Mindfulness



### Yoga flow

- Can you flow from one yoga pose into the next? Try to hold each pose for 20 seconds.



**Easier way:** Hold each pose for 10 seconds.

**Harder way:** Create some of your own yoga poses to hold for 20 seconds.

## Challenge 4 – Dance



### Theme tune boogie

- Select one of your favourite TV programmes that you know you will watch at least once a week.
- Find the programme's theme music from YouTube or using the on-demand feature on your TV.
- From a sitting position to begin with, create between 4- 8 different movements that can be repeated and remembered. These could include;
- Stand up, pose, sit down
- Shooting the arms out upwards, to the right, to the left and back to middle
- Stand up, hand jive, sit down
- Sway the arms from left to right 4 times
- Every time the TV programme is on, challenge yourself to remember your moves and perform them.

## Challenge 5 – Personal Best



### Sock drop

- Ask a family member to hold both pairs of socks out in front on them.
- You stand opposite with your hands placed on top of their hands (all palms facing the ground).
- At any point, the family member can let go of the socks, one at a time, and you have to try to catch them before they hit the floor.
- How many times can you do this before a pair of socks hits the floor?

**Harder way:** Ask the family member to release the socks at the same time.

## Challenge 6 – Problem solving



### Through the paper

- You will need a piece of A4 paper and scissors
- Can you cut the piece of A4 paper in a way that you create a large 'hoop' of paper that you can climb through?

**Easier way:** Use this website if you want a few hints!  
<https://blog.doublehelix.csiro.au/climb-through-a-hole-in-a-sheet-of-paper/>

**Harder way:** Can a parent/carer hold the hoop of paper and can you climb through without touching the paper?

## Challenge 7 – Gymnastics



### Spell a word

- Explain to your observer that you are going to balance whilst making alphabet letter shapes with your body.
- Hold each balance for 5 seconds whilst the observer tries to work out the letter you are balancing in the shape of.
- After you have completed all the letters in the word, ask the observer to reveal the word you have spelt!

**Easier way:** Spell out a small 2 letter word.

**Harder way:** Create a phrase for the observer.

## Physical Activity Challenges: 7 – 11 year olds





## Challenge 1 – Multi -skills



### Treasure Chest

- You will need a bean bag or rolled up socks, two markers (could be a piece of paper or a hat and scarf) and a timer.
- Place the two markers 3 metres apart.
- Hold the beanbag/rolled up socks and run to end marker, put it down and run back.
- Repeat but run and pick it up.
- If you have a partner, take it in turns.
- How many runs can you do in 30 seconds or one minute?
- Instead of running, try hopping, skipping, jumping, galloping, side-stepping. Remember to time it and try and beat your best.

**Easier way:** Put the markers closer together.

**Harder way:** Put the markers further apart.

## Challenge 2 – Fitness



### Wacky workout

- Follow these simple instructions for a wacky workout.
- Complete each activity twice for 30 seconds, with a 30 second break in between:
- Hold the socks in one hand above your head and jog on the spot. Repeat with socks in your other hand.
- Now pass the socks from one hand to the other whilst jogging on the spot.
- Put the socks on the floor and jump over them (two feet to two feet – side to side)
- Leave the socks on the floor and jump over them (two feet to two feet – front to back)
- Place the socks on your head and squat.
- Lie on the floor in the push up position. Place the socks on your back and push up.
- With a partner, stand a metre apart and use the palm of your hand to bat the socks to each other. How many can you do in 30 seconds?

**Easier way:** Complete each exercise once.

**Harder way:** Complete each exercise for one minute with less rest in between.

## Challenge 3 – Mindfulness



### Your yoga sequence

- Look at the yoga poses below - there are nine poses. Practice each one.
- Hold it for 8 seconds and breathe deeply.
- Remember to be comfortable – don't try and over-stretch.



**Easier way:** Hold the poses for 5 seconds.

**Harder way:** Hold it for longer and move smoothly from one pose to the next.

## Challenge 4 – Dance



### Dance your 'Escape to Madagascar!'

#### Freestyle warm up:

- Use YouTube to play 'I like to Move it' – will.i.am Official Madagascar 2 Music Video.
- Copy the crazy animals – jump, wiggle, wave, side step.

#### Play Madagascar 3 Afro Circus Full song

Choose 4 of the aerobic action words from the box below. Repeat each action 4 times before moving to the next one. When you are ready, chose another 4 words and repeat.

Jump Twist Spin  
Step (forward/back/side to side)  
Shoulder roll Arm spins. Hop  
Turn. Cross over arms/legs.  
Hand pose High knees  
Reach high/low/side to side

## Challenge 5 – Personal Best



### Power squats

- Start in the correct squat position.
- Squat down and touch the floor between your feet with both hands.
- Return to starting position. Keep going.
- Count every time you touch the floor.
- Have a rest and try and beat your personal best
- Now repeat the above but jump on the way up. It should look like this: Start=squat-jump-land-squat etc.
- How many can you do in a minute?

**Easier way:** Do half squats inn 30 seconds.

**Harder way:** Do a full squat jump every time. Increase the time to 90 seconds.

## Challenge 6 – Problem solving



### What's missing?

- You need a tray with lots of little objects on it – pencil, rubber, gloves, ruler, apple, spoon, coaster etc. A timer. A partner.
- Put all the objects on the tray.
- Cover the tray with a tea cloth and then remove it and show it to your partner. Let them look for 15 seconds.
- Take the tray away, remove an object, cover the tray back up and then remove the tea cloth again before showing it to your partner.
- Can they guess what is missing? If they get it wrong, then give them a forfeit (20-star jumps) Repeat

**Easier way:** Have fewer objects.

**Harder way:** Increase the number of objects.

## Challenge 7 – Gymnastics



### Balance beams

- You need one or two long scarves.
- Place the scarves on the floor in a straight line to make a pretend beam.
- Practice this routine along your beam:
- Stretch to start
- Bunny jump onto the beam (two hands and two feet)
- Stretch tall
- Step along the beam – one foot in front of the other.
- Stop and balance on one foot.
- Squat down low.
- Jump turn.
- Balance on one foot with one leg behind you.
- Jump off the end.
- Now, can you make your own routine?

## Physical Activity Challenges: 7 – 11 year olds







# Physical Activity Challenges: 7 – 11 year olds



## Challenge 1 – Multi-skills

### Treasure Chest

- Find 10 'treasure' items; **socks, shoes, small toys**, etc at one end of the room – this is your treasure chest.
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?

**Easier way:** Increase the time/bring the treasure chest closer

**Harder way:** Put more items in the treasure chest

## Challenge 2 – Fitness

### Jumping Dice

- Take it in turns to roll the **dice**. Perform the following actions, depending on which number your roll:
- Roll a 1 = Perform 20 star jumps
- Roll a 2 = Perform 20 tuck jumps
- Roll a 3 = Perform 20 pencil jumps
- Roll a 4 = Perform 20 jumps with a ½ turn
- Roll a 5 = Perform 20 jumps with a full turn
- Roll a 6 = Perform 20 squat jumps

**Easier way:** Reduce the number of moves

**Harder way:** Roll the dice twice and combine the movements

## Challenge 3 – Mindfulness

### Listening walks

- Whilst on a walk or in your **garden**, concentrate on the different sounds you can hear.
- Try and listen for things you might not normally notice (like the rustle of leaves, a bird chirping, the sound of shoes walking on the floor, the wind blowing etc.).
- When you get back home, name five things that you heard.

## Challenge 4 – Dance

### Action packed!

- Choose a **storybook** that you enjoy reading at home. Pick a page and try to pick out the movement words (verbs) in the text.
- Explore how you could move like the verbs.
- Can you link the movements together to create a simple dance?

**Easier way:** Use a picture book and see what actions you can identify.

**Harder way:** Can you find a piece of music to perform your moves to?

## Challenge 5 – Personal Best

### Standing Long Jump

- Choose a **line** in your house or garden to stand on or use some **tape** or **string**.
- From this line, bend your knees and use your arms to jump as far forward as you can.
- How far did you jump?
- Repeat – can you jump further?
- What can you do to beat your previous distance?

**Easier way:** See how many jumps you can do from one end of your garden/lounge to the other

**Harder way:** Repeat the challenge but hopping.

## Challenge 6 – Problem solving

### Pick up sticks

- Choose a starting line in your house or garden.
- You are not allowed to touch or step over this line or go around the sides of it.
- Place an **object** (stick, fork, glue stick, felt tip pen ) 30cm away from the line – can you reach it?
- Pick up the object and ask an adult to move it further away from the line. Can you reach it now? Repeat until it's too far away.
- Measure the distance you were able to reach it from

**Easier way:** Choose a larger object to pick up

**Harder way:** Use a smaller object to pick up

## Challenge 7 – Gymnastics

### Super sequences

- Create a short gymnastics sequence that contains a roll, a jump, a balance and a travel.
- Can you perform your sequence to an adult?
- How can you show that your sequence has a clear start and finish?

**Easier way:** Take out 1 element in the sequence

**Harder way:** Can you repeat your sequence or add another form of travel?

## Find out more

[Go Noodle gymnastics](#)  
[Twinkl problem solving](#)  
[Youth Sport Trust long jump](#)  
[Youth Sport Trust treasure chest](#)  
[Youth Sport Trust keep on the move](#)  
[Teaching Cave Dance](#)  
[Cosmic Kids Mindfulness](#)





## Challenge 1 – Multi -skills



### Compass challenge

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

- Place the 8 small items in the shape of a compass and the remaining item in the middle.
- Start in the middle and on 'Go' run in order to collect each item. Place it back 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 lots of times.



## Challenge 2 – Fitness



### Combat circuit

- Complete these activities. Try and do them one after the other before having a rest.
- Commando crawl (forwards for 5 seconds and backwards for 5 seconds repeat)
- Climb the ladder (20 seconds) Star Jumps (20 seconds)
- Squat and jump (20 seconds)
- Leg kicks (alternate for 20 seconds)
- Fast feet (20 seconds)

#### Work hard and repeat!

**Easier way:** Complete each exercise once for 15 seconds. Rest then repeat.

**Harder way:** Complete each exercise for 30 seconds and perform the circuit twice before resting.

## Challenge 3 – Mindfulness



### Summer senses safari

- Use some of your senses to help you relax your mind and body.
- Sit or stand in a relaxed position in your chosen space. Breathe deeply five times and feel your muscles relax.
- Listen – what can you hear? If you can hear lots of sounds, choose your favourite one and focus on that. Be still and quiet. Listen for a few minutes. On your piece of paper write down or draw a picture of what you heard.
- Now go for a slow walk around your garden or outdoor space. What can you see? Choose your favourite thing and write it down or draw a picture.
- Keep walking slowly – how any different things can you safely touch? Again, choose your favourite thing and write it down or draw a picture.
- Use your thoughts to make a picture and colour it in.

## Challenge 4 – Dance



### Sport Dance

Choose a sport to help you make a short dance. Let's start with Football! Here are some important actions:

- Header** – jump and use your head and then celebrate
- Throw in** – step, throw and run onto the pitch
- Strike** – kick and celebrate
- Pass** – move and pretend to pass
- Dodge** – imagine getting away from a defender. Try a side step
- Tackle** – pretend to tackle
- Mime each action and link them together. You could include some warm up actions too (jog, high knees, lunges)
- This dance will work with any sport – try netball or even swimming!

## Challenge 5 – Personal Best

### Hold the plank



- How long can you hold the plank position for?
- Make sure you have the correct body position. Try and keep your body straight.
- Have a rest and try and beat it!



**Easier way:** Use a chair or sofa to rest your arms on.

**Harder way:** Hold the plank position but push up onto your hands and then back down again!

## Challenge 6 – Problem solving



### Sports charades

You will need two people and a safe space.

- Test your non-communication and observation skills with this game.
- One person selects a sport and has 2 minutes to mime the sport to the other person. You cannot speak or write anything down – use actions only (one point)
- Now try and select a technique within a chosen sort. For example, the serve in tennis. Your partner has to name the sport and the technique (two points)

**Easier way:** Choose an easy sport and technique.

**Harder way:** Choose 2 techniques, for example, in football or hockey, dribbling the ball and scoring. Your partner would get three points (one for the sport, one for dribbling and one for scoring)

## Challenge 7 – Gymnastics



**Max Whitlocks HIIT workout Rebound jumps – Google 'Max Whitlocks HIIT workout Wednesday' and follow the exercises**

- Rebound jumps** - small jumps, knees bent and straight body.
- Hop and balance** – 3 hops and balance then swap legs and repeat.
- Dish Rocks** – lie on your back with your legs straight and lifted off the floor. Raise your legs gently so you rock – you should feel this in your tummy.
- Arch Ups** – Lie on your tummy with your legs straight and your arms stretched in front of you. Raise your legs and arms at the same time.
- Front support climbs** – get into the plank position. Start on your hands and then lower one arm after the other, so you go onto your forearms.
- Front support to back support** – start in the front support position and turn your body into back support – repeat.

# Week 5 Physical Activity Challenges: 7 – 11 year olds

