

Challenge 1 – Strength

Quick Box Steps

You will need a strong box with a non-slip surface.

A low step or bottom stair can be used as an alternative.

- Perform various steps and jumps on to the box.
- Starting with step up and step down (one foot on the box and one on the floor).
- 3 sets of 20 reps with 1 minute recovery.

Easier way: 3 sets of 10. Lower box.

Harder way: 2 footed jumps on and off the box. 2 footed side jumps on and off the box .

Challenge 2 – Fitness

Ball drops for quickness

You will need 2 balls of any type and a partner/

- Work in pairs.
- Stand facing each other 2 metres apart.
- One holds both arms out with a ball in each hand.
- A ball is dropped, and the partner moves quickly to catch the ball before the second bounce.

Easier way: Stand close together.

Harder way:

- Move further apart.
- Catcher has back to ball dropper and ball dropper calls out when the ball is dropped.
- Stand side on the ball dropper.
- Start from a seated position.

Challenge 3 – Mindfulness

Body scan

- Sitting in a comfortable position, relax in silence with your eyes closed.
- Starting at the top of the head, go through the “body Scanner” and concentrate on your breathing as you scan each body part.
- Be present in each part of your body trying to relax all of the muscles.

Easier way: Lie down.

Harder way: Isolate muscles in the body and use your breathing to help relaxation.

Challenge 4 – Dance

Chair Dance

You will need one stable chair and your favourite music.

Using the chair in as many different ways safely to compose a dance. Find ways to go across, over, under and through the chair. Add balances on the chair using different body parts.

Easier way: Do the movements sat down.

Harder way: Add jumps on, off and over the chair safely.

Challenge 5 – Personal Best

Skipping

You will need a skipping rope.

- How many skips can you do in 60 seconds?
- Use two footed bounce.
- Progress to a running action.
- Can you do it skipping backwards?

Easier way: How many can you do in 30 seconds.

Harder way: Try to include a cross skip where the hands cross over the body. Can you twirl the skipping rope really fast to go under your feet twice with one jump?

Challenge 6 – Problem solving

Paper Mountain

You will need A4 Scrap paper. It can be recycled afterwards.

You are going to build the tallest free-standing structure you can using only the paper provided in a time limit. In building the tower you cannot:

- Tear the paper.
- Screw up the paper.
- Use glue, tape or paper clips

Easier way: Use glue or tape. Give a longer time limit.

Harder way: Give a shorter time limit.

Challenge 7 – Gymnastics

Tree balance

- Stand upright with your back straight and hands above your head.
- Place the bottom of the right foot on the side of the left knee and tighten the abdominal muscles.
- How long can you hold the pose? Swap legs.

Easier way: Place the bottom of your foot lower down the leg to a comfortable position.

Harder way: Raise up onto the ball of the standing foot. Move the arms over your head.

Week 4 Physical Activity Challenges: 11+ year olds



Challenge 1 – Strength

Sit up test

You will need a mat, stopwatch and a partner.

- Warm up for 10 minutes.
- Then, lie on the mat with your knees bent, feet flat on the floor and your hands by your ears. Your hands must stay here throughout the test!
- Ask your partner to hold your feet on the ground.
- When your partner says “GO” and starts the stopwatch, perform a sit up (touching your knees with your elbows and then returning to the floor) Perform as many sit-ups as possible in 30 seconds.
- Record the number of correct sit-ups completed in the 30 seconds.

Easier way: Only lift your shoulders off the floor

Harder way: Perform a twisting sit up, touching opposite elbow and knee.

Challenge 2 – Fitness

Name challenge

You need a step and a stopwatch. Spell your name using the chart below:

SPELL YOUR NAME

& DO THE WORKOUT!

A: 15 PUSHUPS	N: 10 PUSHUPS
B: 50 JUMPING JACKS	O: 20 LUNGES
C: 20 CRUNCHES	P: 10 TRICEP DIPS
D: 10 BURPEES	Q: 20 JUMPING JACKS
E: 60-SECOND WALL SIT	R: 60-SECOND PLANK
F: 20 ARM CIRCLES	S: 30 BICYCLE CRUNCHES
G: 20 SQUATS	T: 60-SECOND WALL SIT
H: 30 JUMPING JACKS	U: 40 HIGH KNEES
I: 60-SECOND PLANK	V: 30 SQUATS
J: 20 MOUNTAIN CLIMBERS	W: 15 TRICEP DIPS
K: 40 CRUNCHES	X: 10 MOUNTAIN CLIMBERS
L: 12 BURPEES	Y: 12 JUMPING LUNGES
M: 15 SQUAT JUMPS	Z: 30 CRUNCHES

Challenge 3 – Mindfulness

Sudoku

- Using the numbers 1 – 6, place them in the square blocks. The same number cannot appear in the same line or column.

1		4	8	9		6
7	3					4
				1	2	9
5		7	1	2	6	
		6		9	5	7
9	1	4	6			
	2					3
8		5	1	2		4

- Just use the numbers 1-6

		3	6		
	2				4
5				6	
	3				5
3				1	
		1	4		

Challenge 4 – Dance

Tik tok

You need a phone or iPad /tablet.

- Watch, create and share videos via Tic Tok.
- Download the app via the App Store, Google Play or Amazon App Store.



Challenge 5 – Personal Best

Skittles challenge

You will need a bag of skittles (sweets), 2 bowls, stopwatch and chopsticks/lolly sticks/opposite end of spoon/fork.

- Place all of the skittles in one bowl
- and, using only the chopsticks, you
- have 30 seconds to move as many
- as possible to the other bowl.

Easier way: Allow one hand to hold the bowls.

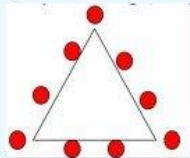
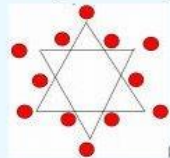
Harder way: Only move red skittles.

Challenge 6 – Problem solving

26 in a line!

You will need chalk if you can draw on a patio or a pen and paper if not.

- Draw 2 triangles (see diagram below).
- Using the numbers 1-12 only once, try to make each line add up to 26.
- You can only have 4 numbers on each line.
- Complete a triangle, using the numbers 1-9



Challenge 7 – Gymnastics

Dice roll

- Roll the dice.
- The number rolled indicates the parts of your body that can touch the floor at any time.
- Take a picture of the good ones!
- Make it harder by working with a partner/member of your family.



Physical Activity Challenges: 11+ year olds



Challenge 1 – Strength



Top 10 Strength Exercises

You need small weights or bottles of water.

- Have a look at the different exercises below. Choose four from each one and perform it for 30 seconds with a 1 minute rest afterwards. Repeat.



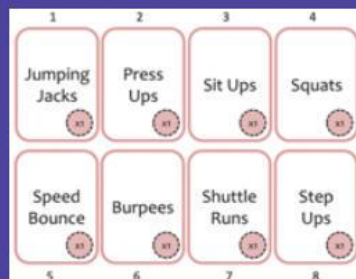
- Now choose another four and repeat each exercise for 30 seconds then rest for 1 minute.
- Can you do them all? Try doing 10 repetitions

Challenge 2 – Fitness



Fitness fun

- With a partner, take turns to randomly call numbers between 1 and 8. Perform the exercise that matches that number. Perform it 10 times.
- If you haven't got a partner, roll up some foil into a ball and roll it onto the cards – whichever one it lands closest to, you must do that exercise.



- Challenge:** Call out two numbers and perform both exercises – one after the other.

Challenge 3 – Mindfulness



Good morning yoga

- Have a go at completing this Yoga cycle.
- Try and move from one pose smoothly to the next.



- Challenge:** Add in some of your own poses too – can you make them fit into this cycle?

Challenge 4 – Dance



Create it!

- 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



On target

You will need a target – a small box, hoop, bowl or basket and a suitable throwing object like a bean bag/small ball (rolled up foil in a ball will work!)

- The aim is to see how many times you can throw your object into your target.
- Start about 2-3 metres away.
- How many can you get into the target in 1 minute?
- Now try and beat it!

Challenges

- Use your non-dominant hand.
- Try closing your eyes.
- Move your starting line further away.

Challenge 6 – Problem solving



10 commands!

- Set up a mini obstacle course with a start and an end.
- The aim of the game is for one person to be blindfolded and to successfully get from one end of the course to the other.
- The other person is only allowed to give the **10 commands/ instructions**.

Example of commands:

Take two steps to the right

Take one step forward

Take one big step to the left

Turn a quarter way around

- Every time an obstacle is touched, you can lose a command for the next game (so you would only have 9, then 8 etc.)

Challenge: Time how long it takes you – can you beat it?

Challenge 7 – Gymnastics



Dynamic duo

- Work with a partner to copy dynamic stretches. Dynamic stretches include movement. They will improve flexibility and strength.



- Repeat and take it in turns to be the leader.

Physical Activity Challenges: 11+ year olds





Physical Activity Challenges: 11 year olds & upwards



Challenge 1 – Strength

The Plank Challenge

- Can you hold a forearm plank position for 60 seconds?
- Make sure you keep your bottom down and back straight.
- Keep your forearms on the floor.

Easier way: Rest your knees on the ground

Harder way: Make it a single leg plank by taking one foot off the floor

Challenge 2 – Fitness

WorkOut Your Name!

- Use your body to write your name!

A - 45 sec Plank	N - 20 Squats
B - 50 Jumping Jack	O - 25 Burpees
C - 30 Squats	P - 15 Arm Circles
D - 10 Burpees	Q - 45 sec Plank
E - 1 min Wall Sit	R - 15 Push Ups
F - 15 Push Ups	S - 30 Burpees
G - 20 Arm Circles	T - 30 Arm Circles
H - 20 Squats	U - 40 Jumping Jacks
I - 30 Jumping Jacks	V - 3 min Wall Sit
J - 45 sec Plank	W - 20 Burpees
K - 10 Push Ups	X - 60 Jumping Jacks
L - 2 min Wall Sit	Y - 45 sec Plank
M - 20 Burpees	Z - 20 Push Ups

Easier way: Halve the time/number of reps per letter!

Harder way: Can you write different words?

Challenge 3 – Mindfulness

Mindful Breathing

- Find a quiet space to sit and make sure you have internet access.
- Either sit or lie down (get comfortable!).
- Use the following link to access a 6-minute instructed breathing meditation.
- [Mindful breathing exercise](#)

Challenge 4 – Dance

Just Dance!

- You will need access to the internet & a screen (phone/tv/iPad)
- Access the music track by clicking [here](#).
- Participants should mirror the dance performed by the animation on the screen.

Easier way: Just aim to keep moving throughout the track!

Harder way: Try performing more than one routine from the 'Just Dance' collection of songs on YouTube.

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
- Kick your feet back into a plank position, while keeping your arms extended
- Immediately return your feet back to a squat
- 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

The Alphabet Scavenger Hunt

- You will need a device to take photos. Alternatively write or draw a picture of each item instead.
- In 5 minutes, how many items can you find and take a photo of in your house that begin with as many letters of the alphabet as possible?
- You get 1 point for every letter!

Easier way: Remove or extend time limit. Choose fewer letters to find.

Harder way: Assign a different number of points for each letter.

Challenge 7 – Gymnastics

Spiderman against the wall!

- Perform a handstand against the wall!
- Put your hands on the floor in front of you, and one at a time put your feet on the wall.
- Walk your hands closer to the wall as you walk your feet up the wall, until your stomach is touching the wall and you are in a handstand position.
- Hold this for as long as you can before coming down.

Easier way: Your stomach does not have to touch the wall. Have somebody support you.

Harder way: Try to hold the handstand without using the wall.

Find out more

- [60 second challenges](#)
- [Fitness circuit training](#)
- [Mindfulness activities](#)
- [Scavenger hunt](#)
- [At home gymnastics](#)



Challenge 1 – Strength



Wall sit

- Sit with your back flat against a wall and your legs at a right angle at your hips and your knees.
- Your heels are on the ground. You should be able to feel a slight pulling of the quad area.
- Hold the position for as long as you can.

Easier way: Aim for a 45-degree angle by not sitting so far down the wall.

Harder way: Hold a heavy object in both your hands whilst doing the wall sit.

Challenge 2 – Fitness



Speed bounce

- You will need some objects to make a line on the floor
- Jump over your objects from side to side as many times as you can in 30 seconds or 1 minute.
- Complete it as a family in a relay – each person could do 10 jumps each and then swap for a duration of 5 minutes in total!

Easier way: Complete it for a shorter time.

Harder way: Complete it for a longer time.

Challenge 3 – Mindfulness



The box breath

- Inhale 4 counts + hold 4 counts + exhale 4 counts + wait 4 counts.
- Imagine yourself tracing a square in your mind and inhaling/exhaling every time you turn a corner.
- Breathe in through your nose for 4, hold your breath for 4, breathe out through the nose for 4, wait for 4 before inhaling. Repeat.
- Try listening to some calming music whilst doing it.

Challenge 4 – Dance



Zumba fun

- Create a short Zumba dance sequence that contains movements with your feet from forwards and backwards and side to side (try the salsa!).
- Try adding in your arms and also body movements which go from low to high. There is no right or wrong in Zumba. Learn the basics, have fun, and let loose!

Easier way: Only perform movements with your legs.

Harder way: Interchange both arms and legs and try more complex move.

Challenge 5 – Personal Best



Hit the target

You will need a ball / bean bag and a washing up bowl.

- Start by throwing the ball into the washing up bowl from a close distance.
- Each time you get it in the bowl take a step back.
- Make it into a fun family competition.

Easier way: Use a bigger ball or target. Stand closed to the target.

Harder way: Use a smaller ball or target. Stand further away from the target.

Challenge 6 – Problem solving



Blind Mice

You will need household objects, bottles and food packets.

- Create a mini obstacle course with your objects in the garden or living room.
- Have a start and a finish line.
- Get from start to finish blindfolded without stepping on anything.

Easier way: Use less objects.

Harder way: Use more objects or add a time limit in.

Challenge 7 – Gymnastics



Pillow balance

- See how long you can balance for using just one leg, without the falling off.
- When balancing make sure your none balancing leg is nice and high!

Easier way: Use a wall to help you balance.

Harder way: Close your eyes or stand on a pillow and balance on your weaker foot.

Week 5 Physical Activity Challenges: 11+ year olds

