

## Challenge 1 – Multi -skills

### Roll-a-ball

- Sit V legged on the floor facing your child, just a few strides apart
- Gently roll the ball back and forth to each other catching and passing the ball with both hands
- The outstretched legs will act as a tunnel

**Easier way:** Widen your legs to create a bigger target/tunnel

**Harder way:** Sit 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 = 5 star jumps
- 2 = 5 toe touches
- 3 = 10 arm circles
- 4 = crab walk for 10 seconds
- 5 = jump and grab 5 stars from the sky
- 6 = run 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. Now do this again but, in the garden/ on the patio.
- Can you describe the different sounds from being inside to outside?

**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. Use larger objects such as plastic cups to turnover

**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. Parent/carer should demonstrate the action too.**

*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: Pre-schoolers





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