



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](#)





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