

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.

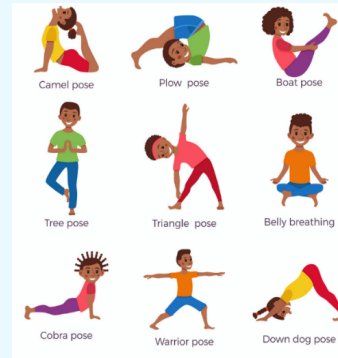
Harder way: Repeat the whole challenge more than 5 times.

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





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