

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 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.

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.

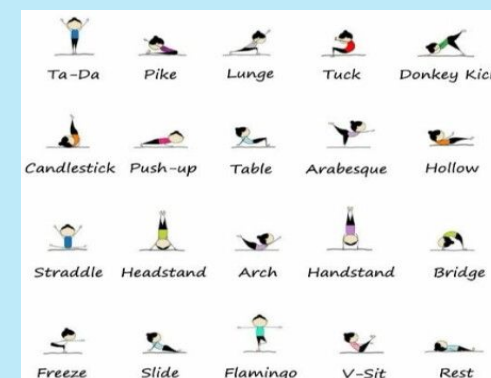
- Find something that makes a crunch sound
- Find something that tastes sour
- Find something that smells good
- Find something smooth
- Find 3 of the same thing
- Find something that smells bad
- Find something long
- Find something white
- Find something rough
- Find something loud

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?



Physical Activity Challenges: 7 – 11 year olds





Get Sharing with #StayInWorkOut

We would love to see you all being active! Please keep us updated with your efforts by uploading your photos and videos using #StayInWorkOut and tag our social media.



@WyreForestSchoolSportPartnership

@allactiveacademy



@WyreForestSSP

@all_cic



Include your school name in your post and be in with a chance of **winning sports equipment for your school**. Each month the school with the highest number of social media posts will earn equipment for their school.



For more ideas and activities for staying active at home, please visit - www.sportpartnershiphw.co.uk/stay-active-at-home

Please  Follow,  Retweet and  Get involved