

## Challenge 1 – Multi -skills

### Obstacle relay

Get a selection of items from your home/garden and create an obstacle course for your child(ren). Show them how to do it and then let the fun begin! Here are some ideas to help.....

- To climb/step over: pillow, small stool
- Crawl under: chair, table
- Climb or step in: cardboard box, laundry basket
- Jump over: a rolled up towel, line of tape

**Easier way:** Change the equipment or task

**Harder way:** Make it a time trial – who can complete it in the quickest time!

## Challenge 2 – Fitness

### Animal alphabet

Use your body to draw any letters that you recognise!  
Perform each animal for 5 seconds.

<b>A</b> – Bunny Hops	<b>B</b> – Frog jumps	<b>C</b> – Gallop like a zebra	<b>D</b> – Bunny Hops	<b>E</b> – Spotty dogs
<b>F</b> – Stretch tall like a giraffe	<b>G</b> – Scuttle like an ant	<b>H</b> – Duck walks (keep low)	<b>I</b> – Sideways crab crawl	<b>J</b> – Kangaroo jumps (side to side)
<b>K</b> – Travel like a butterfly	<b>L</b> – Waddle like a penguin	<b>M</b> – Spotty dogs	<b>N</b> – Jump like a grasshopper	<b>O</b> – Bear crawl
<b>P</b> – Duck walks (keep low)	<b>Q</b> – Stretch tall like a giraffe	<b>R</b> – Sideways crab crawl	<b>S</b> – Waddle like a penguin	<b>T</b> – Scuttle like an ant
<b>U</b> – Kangaroo jumps (side to side)	<b>V</b> – Gallop like a zebra	<b>W</b> – Frog Jumps	<b>X</b> – Bear crawl	<b>Y</b> – Wiggle like an octopus
<b>Z</b> – Lie on your side & lift your top leg up & down like a crocodile				

**Easier way:** Perform each action just once.

**Harder way:** Can you try and write your name?

## Challenge 3 – Mindfulness

### Senses count

Sit or stand still. Close your eyes or look downward.  
Take 3 deep breaths in and out. Open your eyes.....

- notice 5 things you can see
- notice 4 things you can touch
- notice 3 things you can hear
- notice 2 things you can smell
- notice 1 thing you can taste

Close your eyes and take 3 deep breaths between each countdown.

**Easier way:** Have some objects already placed close by. Provide examples or prompts.

## Challenge 4 – Dance

### Anna’s Frozen game

You will need something to play music on and choose a DJ!

- Start dancing and do your best moves.
- When the DJ stops the music, you all freeze!
- If you don’t stop as soon as the music does, then you must do 5 star jumps to warm yourself back up and melt the ice!

**Easier way:** Change star jumps to single side steps

**Harder way:** Increase number of star jumps, speed of star jumps or add another move – 5 star jumps plus run on the spot for 5 seconds

## Challenge 5 – Personal Best

### Bouncer

You will need a line on the floor (chalk, skipping rope, tape, crack in the pavement, etc.)

- The ‘bouncer’ should jump from side to side over the line – jumping and landing on 2 feet.
- They have 20 seconds to complete as many bounces as possible.
- Can the bouncer beat their own bounces?

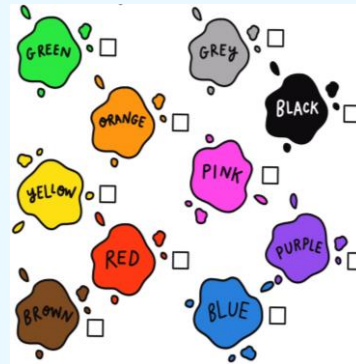
**Easier way:** Step over the line – one foot at a time. Remove time limit and just see how many you can do.

**Harder way:** Replace the line with an object to jump over, for example a rolled-up towel!

## Challenge 6 – Problem solving

### Colour Hunt

This can be done indoors or out on your daily walk. Can you find something.....



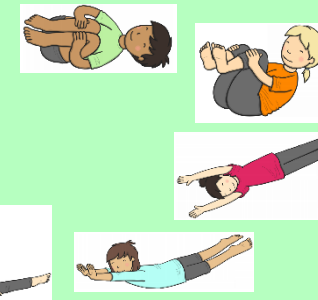
**Easier way:** Reduce the number of colours to find.

## Challenge 7 – Gymnastics

### What's rolling on?

Learn & perform one of these gymnastics rolls:

- Rock on back
- Egg roll
- Pencil roll
- Dish roll
- Teddy bear roll



**Harder way:** See how many of the 5 rolls you can do.

# Week 4 Physical Activity Challenges: Pre-schoolers





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