

Challenge 1 – Multi -skills

Roll-a-ball

- Stand 5 strides apart with legs apart, from your parent/carer. The aim is to roll the ball so it comes to a standstill in between the legs of your opponent. If it does, it is 1 point to you!
- First person to 5 points is the winner!

Easier way: The ball just has to pass between the legs.

Harder way: Stand 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 = 10 star jumps
2 = 10 hops on right leg
3 = 10 hops on left leg
4 = hold the plank position for 10 seconds
5 = jump and grab 10 stars from the sky
6 = sprint 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. After 5 minutes do this again but, in the garden/ on the patio.
- Can you describe the different sounds from being inside to outside to your parent/carer?

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.

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.

*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: 4 – 7 year olds





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