

## Challenge 1 – Multi -skills

### Obstacle relay

- Ask your child(ren) to create and set up an obstacle relay (in the house or garden) making use of items in the home/garden.
- Ask them to explain and demonstrate it.
- Give it a try!

**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 write your name! Perform each animal move for 10 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 write different words?

## Challenge 3 – Mindfulness

### Sense countdown

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.

## 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 20 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 – 20 star jumps plus run on the spot for 10 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’ must 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:** No time limit. How many bounces can the bouncer complete?

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

## Challenge 6 – Problem solving

### Indoor scavenger hunt

You will need general household items.

- Find a fork
- Find something that is red
- Find a tissue box
- Find an orange crayon
- Find 3 things that have wheels
- Find something that’s very soft
- Find a key
- Find 2 socks that match
- Find something round
- Find a sticker

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

**Harder way:** Provide clues instead of statements Include the outdoors (garden)

## Challenge 7 – Gymnastics

### What’s rolling on?

Learn & perform 5 different gymnastics rolls:

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



**Easier way:** Choose just one roll to master before moving onto any others.

**Harder way:** Put all rolls together and perform as part of a sequence.

# Physical Activity Challenges: 4 – 7 year olds





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