



Physical Activity Challenges: 4 – 7 year olds



Challenge 1 – Multi-skills



Target hoops

- You will need 3 hoops (buckets or draw chalk lines), 4 bean bags (or rolled up pairs of socks)
- Choose a starting 'line'.
- Place the **hoops** next to each other with the first hoop 2m away.
- See how many points you can score.

Easier way: Move the hoops closer to the starting line/use larger hoops

Harder way: Move the hoops further away/use your non-dominant hand

Challenge 2 – Fitness



Zig-zag run

- Set out a zig-zag course using cones/ markers, with a clear start and finish.
- Get an adult to time you – when they say 'go' see how quickly you can complete the course.
- Every cone/marker must be touched with one hand.
- The stopwatch will be stopped when cross the finish line.

Easier way: Touch each cone with your foot/toe.

Harder way: Make the course wider so that the cones are further apart/touch each cone with a different body part.

Challenge 3 – Mindfulness



Teddy bear breathing

- This activity encourages children to think about and control their breathing.
- Ask them to lie on the floor and place a teddy bear on their tummy.
- Ask them to take a deep breath in, and a slow breath back out again.
- Ask them to breathe in as you count to three and out as you count to three.
- Ask to watch how the teddy-bear is moving on their tummy.

Challenge 4 – Dance



Musical statues

- You will need music e.g. CD player, radio, through a phone or television.
- Each person starts with 5 lives. Move around (dance) to the music and, when the music stops, stand like a statue and don't move! The first person to move loses one of their lives. Once all lives are lost that person is out! The last one left in is the winner!
- You could also try blinking or shrugging your shoulders too.

Harder way: Stop the music at quicker intervals. Hold a balance when the music stops.

Challenge 5 – Personal Best



Speed bounce

- You will need 2 cones and a stick (broom or pole) or a line on the floor in the garden/house
- Jump (2 foot to 2 foot) over the line as many times as possible in 20 seconds

Easier way: Jump from 1 foot to the other

Harder way: Add an obstacle to jump over

Challenge 6 – Problem solving



Touchy feely

- You will need a bag and objects from around the house/garden
- Children must feel the bag and try to work out what each object is.
- Several objects together can create a theme which children must guess (e.g. Easter items)
- Could children identify objects through their smell/taste?

Easier way: Larger, more familiar objects and clues

Harder way: Smaller objects

Challenge 7 – Gymnastics



Body alphabet

- Get an adult to shout out different letters in the alphabet.
- Can you create that letter using body parts?

Easier way: Choose whether to do a lower case or uppercase letter

Harder way: Can you spell words, creating each letter at a time?

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- [Problem solving feel bag games](#)
- [Athletics](#)
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- [Cosmic kids yoga](#)
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