

Challenge 1 – Multi -skills



Treasure Chest

- You will need a bean bag or rolled up socks, two markers (could be a piece of paper or a hat and scarf) and a timer.
- Place the two markers 3 metres apart.
- Hold the beanbag/rolled up socks and run to end marker, put it down and run back.
- Repeat but run and pick it up.
- If you have a partner, take it in turns.
- How many runs can you do in 30 seconds or one minute?
- Instead of running, try hopping, skipping, jumping, galloping, side-stepping. Remember to time it and try and beat your best.

Easier way: Put the markers closer together.

Harder way: Put the markers further apart.

Challenge 2 – Fitness



Wacky workout

- Follow these simple instructions for a wacky workout.
- Complete each activity twice for 30 seconds, with a 30 second break in between:
- Hold the socks in one hand above your head and jog on the spot. Repeat with socks in your other hand.
- Now pass the socks from one hand to the other whilst jogging on the spot.
- Put the socks on the floor and jump over them (two feet to two feet – side to side)
- Leave the socks on the floor and jump over them (two feet to two feet – front to back)
- Place the socks on your head and squat.
- Lie on the floor in the push up position. Place the socks on your back and push up.
- With a partner, stand a metre apart and use the palm of your hand to bat the socks to each other. How many can you do in 30 seconds?

Easier way: Complete each exercise once.

Harder way: Complete each exercise for one minute with less rest in between.

Challenge 3 – Mindfulness



Your yoga sequence

- Look at the yoga poses below - there are nine poses. Practice each one.
- Hold it for 8 seconds and breathe deeply.
- Remember to be comfortable – don't try and over-stretch.



Easier way: Hold the poses for 5 seconds.

Harder way: Hold it for longer and move smoothly from one pose to the next.

Challenge 4 – Dance



Dance your 'Escape to Madagascar!'

Freestyle warm up:

- Use You Tube to play 'I like to Move it' – will.i.am Official Madagascar 2 Music Video.
- Copy the crazy animals – jump, wiggle, wave, side step.

Play Madagascar 3 Afro Circus Full song

Choose 4 of the aerobic action words from the box below. Repeat each action 4 times before moving to the next one. When you are ready, chose another 4 words and repeat.

Jump Twist Spin
Step (forward/back/side to side)
Shoulder roll Arm spins. Hop
Turn. Cross over arms/legs.
Hand pose High knees
Reach high/low/side to side

Challenge 5 – Personal Best



Power squats

- Start in the correct squat position.
- Squat down and touch the floor between your feet with both hands.
- Return to starting position. Keep going.
- Count every time you touch the floor.
- Have a rest and try and beat your personal best
- Now repeat the above but jump on the way up. It should look like this: Start-squat-jump-land-squat etc.
- How many can you do in a minute?

Easier way: Do half squats inn 30 seconds.

Harder way: Do a full squat jump every time. Increase the time to 90 seconds.

Challenge 6 – Problem solving



What's missing?

- You need a tray with lots of little objects on it – pencil, rubber, gloves, ruler, apple, spoon, coaster etc. A timer. A partner.
- Put all the objects on the tray.
- Cover the tray with a tea cloth and then remove it and show it to your partner. Let them look for 15 seconds.
- Take the tray away, remove an object, cover the tray back up and then remove the tea cloth again before showing it to your partner.
- Can they guess what is missing? If they get it wrong, then give them a forfeit (20-star jumps) Repeat

Easier way: Have fewer objects.

Harder way: Increase the number of objects.

Challenge 7 – Gymnastics



Balance beams

- You need one or two long scarves.
- Place the scarves on the floor in a straight line to make a pretend beam.
- Practice this routine along your beam:
- Stretch to start
- Bunny jump onto the beam (two hands and two feet)
- Stretch tall
- Step along the beam – one foot in front of the other.
- Stop and balance on one foot.
- Squat down low.
- Jump turn.
- Balance on one foot with one leg behind you.
- Jump off the end.
- Now, can you make your own routine?

Physical Activity Challenges: 7 – 11 year olds





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