








Challenge 1 – Multi-skills 	Challenge 2 – Fitness 	Challenge 3 – Mindfulness 	Challenge 4 – Dance 
<p>Treasure Chest</p> <ul style="list-style-type: none"> Find 10 'treasure' items; socks, shoes, small toys, etc at one end of the room – this is your treasure chest. Run and collect an item and return it back to the start as quickly as possible. How many items can you collect in 60 seconds? Can you race against someone else to see who can collect the most items? <p>Easier way: Increase the time/bring the treasure chest closer</p> <p>Harder way: Put more items in the treasure chest</p>	<p>Jumping Dice</p> <ul style="list-style-type: none"> Take it in turns to roll the dice. Perform the following actions, depending on which number your roll: Roll a 1 = Perform 20 star jumps Roll a 2 = Perform 20 tuck jumps Roll a 3 = Perform 20 pencil jumps Roll a 4 = Perform 20 jumps with a ½ turn Roll a 5 = Perform 20 jumps with a full turn Roll a 6 = Perform 20 squat jumps <p>Easier way: Reduce the number of moves</p> <p>Harder way: Roll the dice twice and combine the movements</p>	<p>Listening walks</p> <ul style="list-style-type: none"> Whilst on a walk or in your garden, concentrate on the different sounds you can hear. Try and listen for things you might not normally notice (like the rustle of leaves, a bird chirping, the sound of shoes walking on the floor, the wind blowing etc.). When you get back home, name five things that you heard. 	<p>Action packed!</p> <ul style="list-style-type: none"> Choose a storybook that you enjoy reading at home. Pick a page and try to pick out the movement words (verbs) in the text. Explore how you could move like the verbs. Can you link the movements together to create a simple dance? <p>Easier way: Use a picture book and see what actions you can identify.</p> <p>Harder way: Can you find a piece of music to perform your moves to?</p>
Challenge 5 – Personal Best 	Challenge 6 – Problem solving 	Challenge 7 – Gymnastics 	Find out more
<p>Standing Long Jump</p> <ul style="list-style-type: none"> Choose a line in your house or garden to stand on or use some tape or string. From this line, bend your knees and use your arms to jump as far forward as you can. How far did you jump? Repeat – can you jump further? What can you do to beat your previous distance? <p>Easier way: See how many jumps you can do from one end of your garden/lounge to the other</p> <p>Harder way: Repeat the challenge but hopping.</p>	<p>Pick up sticks</p> <ul style="list-style-type: none"> Choose a starting line in your house or garden. You are not allowed to touch or step over this line or go around the sides of it. Place an object (stick, fork, glue stick, felt tip pen) 30cm away from the line – can you reach it? Pick up the object and ask an adult to move it further away from the line. Can you reach it now? Repeat until it's too far away. Measure the distance you were able to reach it from <p>Easier way: Choose a larger object to pick up</p> <p>Harder way: Use a smaller object to pick up</p>	<p>Super sequences</p> <ul style="list-style-type: none"> Create a short gymnastics sequence that contains a roll, a jump, a balance and a travel. Can you perform your sequence to an adult? How can you show that your sequence has a clear start and finish? <p>Easier way: Take out 1 element in the sequence</p> <p>Harder way: Can you repeat your sequence or add another form of travel?</p>	<p>Go Noodle gymnastics</p> <p>Twinkl problem solving</p> <p>Youth Sport Trust long jump</p> <p>Youth Sport Trust treasure chest</p> <p>Youth Sport Trust keep on the move</p> <p>Teaching Cave Dance</p> <p>Cosmic Kids Mindfulness</p> 