


PRIMARY ACTIVE CHALLENGES AT HOME - #stayhome #staysafe #beactive

See how many of the challenges below you can tick off this term

VALUE	ACTIVITY	DONE
	<p>TRY SOMETHING NEW</p> <ul style="list-style-type: none"> Balance - two feet and raise to tip toes - how long can you hold? -one foot- how long can you hold? -create a balance that involves 2 body parts- eg feet and hands -Experiment with different parts of the body off the ground and see what shapes you can make 	
	<p>SKILL DEVELOPMENT – YOU WILL NEED A BALL ANY SIZE / SKIPPING ROPE</p> <ol style="list-style-type: none"> 1. How many passes can you do against a wall (or with a partner) in a minute? dominant & non dominant hand 2. Can you throw a ball in the air and catch behind your back or bounce between your legs? How many in a minute? 3. Number of skips in a minute – try different skipping patterns. Foot to foot/ two feet / hop scotch / crossover / double under / fast / slow etc ‘Dan the Skipping Man’ on twitter has lots of tricks if you want more! 	
	<p>INSPIRING OTHERS</p> <ol style="list-style-type: none"> 1. Devise a game or challenge to inspire others to take part in activity. 2. The game or challenge needs to be safe and something you could do at home with limited equipment / people and space 3. Adapt games you know into mini versions taking into account the STEP process SPACE / TASK / EQUIPMENT / PEOPLE 4. Try to make it as fun as you can! 5. Get others to have a go! 	
	<p>RUN / WALK CHALLENGE – REMEMBER TO RESPECT OTHER PEOPLE, THE PLACES YOU RUN AND MAINTAIN SOCIAL DISTANCING AT ALL TIMES</p> <ol style="list-style-type: none"> 1. First choose a safe route (could be multiple laps so you are not too far from home or decide a route with your family) ...could just be laps of your garden. 2. Run / walk with a family member to make it safe & a team challenge 3. Set a time the first time you run/walk it and try and better your time the next time you go out. 4. See how long it would take you to run the London Marathon! (26.2 miles / 40Km) You could team up with friends / family and combine your distances. 	
	<p>FITNESS CHALLENGE – CIRCUIT TRAINING</p> <ol style="list-style-type: none"> 1. Plan a fitness circuit with 8 different activities eg; Star jumps / get up get down (lie down/stand up) / karate kicks / walk outs (feet still, walk your hands out on the floor as far as you can and walk your hands back towards your feet)/ shuttle runs / skipping (with or without rope) / bear crawls / jumps over a line (rolled up towel) Make up your own circuit if you can think of some fun things to do. 2. See if you can spend 1 minute or 30 seconds on each activity and rotate round. Challenge yourself and any willing family members! 	
	<p>WORKING TOGETHER – GET SOMEONE ELSE INVOLVED</p> <ol style="list-style-type: none"> 1. Make an obstacle course indoors or outdoors – get creative and get your family involved. 2. Engage your family in a TikTok dance! 3. Play a net / wall game with a member of your family – use your imagination & use screwed up paper for an indoor game and create a net of some sort. If you can get out in the garden see if you can pass a football over a net to a partner with a keepy uppy before passing back / throw a tennis ball over the net to outwit a partner. Make up your own rules & be creative! 	