



Being Active at Home

Try the challenge and see what score you get. Continue to repeat the challenge regularly over several days to try and get a higher score each time!

<p>Agility - Shuttle Running How many cone touches can you do in 1 minute, using two cones 2 metres apart?</p>	<p>Agility - Slalom Running (Y3 or Y4) Use 5 marker objects 50cm apart. Weave in and out of each cone and back again. How many times can you run around the end markers in 1 minute?</p>	<p>Agility – Dice Running (Y5 or Y6) Set out 5 markers positioned as if they were a number 5 on a dice (with the 4 outside markers 3 metres apart). Run from the inside cone, touch and outside, and back to the middle, before moving on to the next outside cone around the square. How many times can you touch the cones in 1 minute?</p>
<p>Skipping Challenge (All ages) Grab a skipping rope – how many skips can you do in a minute?</p>	<p>Balance - Tree Pose (All ages) One leg with the foot of your other leg placed against the inside of your knee. Can you balance whilst repeating your times tables?</p>	<p>Speed Bounce (All ages) How many times can you jump over a marker in a minute?</p>
<p>Bean Bag Throw (All Ages) Aiming a bean bag (or similar) into a hoop/target. Adjust the distance to make it harder!</p>	<p>Throw & Catch (All ages) Throw and catch with a partner. How far can you throw without dropping? Can you do it with multiple balls?</p>	<p>Create an obstacle course (All ages) Create your own course in the garden. Do you have things to run around, jump over, climb under, dribble a ball around.... The suggestions are endless! How quickly can you complete it?</p>

<p>Keepy Uppy (All ages) How many keepy-uppies can you complete in a minute, with a football, tennis racket, hockey stick, table tennis bat etc.</p>	<p>Wall Sit (All ages) How long can you do a squat with your back against the wall?</p>	<p>Star Jumps (all ages) How many star jumps can you do in 1 minute?</p>
<p>Two handed bounce & catch Bounce and catch a ball in 1 minute. How many times?</p>	<p>Two handed catch & clap (Y3 and Y4) Throw the ball into the air, clap and catch the ball again. How many times can you do it in 1 minute?</p>	<p>Alternate hand throw, clap and catch (Y5 and Y6) Throw the ball into the air with 1 hand, clap and catch the ball again but with the other hand. How many times can you do it in 1 minute? Can you do a double clap? Three claps?</p>
<p>Sensory Coordination (All Ages) Have two buckets full of water, with balls floating in one of them. Using just feet, move the balls from one to the other. How about a range of balls? Body parts to carry them with (elbows?)? What about carrying them further?</p>	<p>Paper Track (All Ages) Lay out 5 sheets of paper with gaps in the middle to form a type of ladder. You cannot stand on the paper! Hop over it (left leg, then again with your right) Zigzag in and out of it Push up side walks up the ladder Push up position, lifting objects up the ladder 1 step at a time.</p>	<p>Fitness Box – Cardiovascular Endurance (Y5 and Y6) Running around a 5m x 5m box marked out, then action in the middle. Each level is progressive. Level 1: 1 square run, 1 jumping jack, 1 push up, 1 squat Level 2: 2 of each! Increase each time, record where you choose to stop.</p>

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HIIT (High Intensity Interval Training)

Use The Body Coach TV by Joe Wicks on youtube for short bursts of interval training. No equipment is needed and all instructions are clear on the videos. The great thing about these videos is you do what is comfortable for you!

Have a look at the following playlist links:

5 Minute Move (short bursts aimed at children): <https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c>

Active 8 (eight minute workouts for children): <https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c>

Just Dance

Using youtube is also great to find JustDance videos. There are endless numbers of songs on there, with an avatar to copy the dance moves from. These can be done individually or in small groups.

Other Ideas

- Hula Hooping
- Football / tennis against a wall (with soft balls and nowhere near a window!)
- Speed dribble (football, basketball, hockey etc.)