

Challenge 1 – Strength



Quick Box Steps

You will need a strong box with a non-slip surface.

A low step or bottom stair can be used as an alternative.

- Perform various steps and jumps on to the box.
- Starting with step up and step down (one foot on the box and one on the floor).
- 3 sets of 20 reps with 1 minute recovery.

Easier way: 3 sets of 10. Lower box.

Harder way: 2 footed jumps on and off the box. 2 footed side jumps on and off the box .

Challenge 2 – Fitness



Ball drops for quickness

You will need 2 balls of any type and a partner/

- Work in pairs.
- Stand facing each other 2 metres apart.
- One holds both arms out with a ball in each hand.
- A ball is dropped, and the partner moves quickly to catch the ball before the second bounce.

Easier way: Stand close together.

Harder way:

- Move further apart.
- Catcher has back to ball dropper and ball dropper calls out when the ball is dropped.
- Stand side on the ball dropper.
- Start from a seated position.

Challenge 3 – Mindfulness



Body scan

- Sitting in a comfortable position, relax in silence with your eyes closed.
- Starting at the top of the head, go through the “body Scanner” and concentrate on your breathing as you scan each body part.
- Be present in each part of your body trying to relax all of the muscles.

Easier way: Lie down.

Harder way: Isolate muscles in the body and use your breathing to help relaxation.

Challenge 4 – Dance



Chair Dance

You will need one stable chair and your favourite music.

Using the chair in as many different ways safely to compose a dance. Find ways to go across, over, under and through the chair. Add balances on the chair using different body parts.

Easier way: Do the movements sat down.

Harder way: Add jumps on, off and over the chair safely.

Challenge 5 – Personal Best



Skipping

You will need a skipping rope.

- How many skips can you do in 60 seconds?
- Use two footed bounce.
- Progress to a running action.
- Can you do it skipping backwards?

Easier way: How many can you do in 30 seconds.

Harder way: Try to include a cross skip where the hands cross over the body. Can you twirl the skipping rope really fast to go under your feet twice with one jump?

Challenge 6 – Problem solving



Paper Mountain

You will need A4 Scrap paper. It can be recycled afterwards.

You are going to build the tallest free-standing structure you can using only the paper provided in a time limit. In building the tower you cannot:

- Tear the paper.
- Screw up the paper.
- Use glue, tape or paper clips

Easier way: Use glue or tape. Give a longer time limit.

Harder way: Give a shorter time limit.

Challenge 7 – Gymnastics



Tree balance

- Stand upright with your back straight and hands above your head.
- Place the bottom of the right foot on the side of the left knee and tighten the abdominal muscles.
- How long can you hold the pose? Swap legs.

Easier way: Place the bottom of your foot lower down the leg to a comfortable position.

Harder way: Raise up onto the ball of the standing foot. Move the arms over your head.

Physical Activity Challenges: 11+ year olds





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