

Remember we would love to see your active challenges on twitter, get your families involved to!

Active Challenge

Week One

60 Second Challenge

Bunny Jumps


Can you keep going even when you are tired?

The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.

#StayHomeStayActive



Equipment

A bench or a stool*
*Make sure that the object you are jumping over is fixed to the floor.
If you do not have a bench or stool place two hands on the floor and jump side to side.

Achieve Gold
80 Bunny Jumps

Achieve Silver
60 Bunny Jumps

Achieve Bronze
40 Bunny Jumps

60 Second Challenge

Bean Bag Throw

Can you focus, concentrating on the target?

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

#StayHomeStayActive



Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Achieve Gold
30 Throws

Achieve Silver
25 Throws

Achieve Bronze
20 Throws



60 Second Challenge

Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.

#StayHomeStayActive



Equipment

A ball

If you do not have have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.

Achieve Silver
40 Times around your waist.

Achieve Bronze
30 Times around your waist.


Climb the Ladder

Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?



Treasure Chest

Home Physical Education

Can you congratulate other players if they score more points than you?

How to play:

- Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the 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?



Can you run as fast as possible?

Top Tips

Run pumping your arms

Keep your head up so you can see where you are going to ensure that you are safe.

Let's Reflect

Were you able to keep running even when you were tired? Explain why.

Were you able to use the correct technique when running?



Tweet @witton_walkce



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Active Challenge Week Two

60 Second Challenge

Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds? Bring your legs up to your chest and then fully extend them out.



#StayHomeStayActive

Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold 15 tuck in tuck outs 

Achieve Silver 10 tuck in tuck outs 

Achieve Bronze 5 tuck in tuck outs 

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.



#StayHomeStayActive

Equipment

A balloon

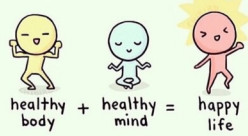
If you do not have a balloon, use crumpled up tissue paper or a bag!

Achieve Gold Lose 0 lives 

Achieve Silver Lose 1 life 

Achieve Bronze Lose 2 lives 

healthy body + healthy mind = happy life



60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball through both of your legs in 60 seconds? If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold 35 times through your legs 

Achieve Silver 25 times through your legs 

Achieve Bronze 15 times through your legs 

In the Box

Home Physical Education

Do you keep trying your best even if you miss?

Can you challenge yourself to use the right technique?

How to play:

- Lay out 3 boxes in a row.
- Players must throw 3 steps back from the first box.
- If you throw an object into the nearest box you score 1 point, if you throw it in the middle box you score 2 points, if you throw it into the end box you score 3 points.
- Each player has 3 throws. The player with the most points at the end of the game is the winner.



Top Tips

Throwing Underarm

Step forwards with one foot, releasing the object from low to high using your opposite hand.

Let's Reflect

How did you change your technique for the different distances?

How did you stay motivated to keep trying?



Battleships: Level 2

Home Physical Education

Can you play by the rules and respect your opponent?

Can you focus on the target and concentrate?

How to play:

- With a partner, each player places three targets (battleships) in front of them. Place an additional battleship known as the 'ultimate battleship' in the middle.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed. If players hit the ultimate battleship they can add back one of their battleships that has been hit.
- The winner is the first player to hit all of their partner's battleships.



Top Tips


Throwing Underarm


Step forwards with one foot, releasing the ball from low to high using your opposite hand

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

 Tweet @witton_walkce



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Active Challenge Week Three

60 Second Challenge

Skipping

Do you keep trying even when you want to give up?

The Physical Challenge
How many times can you skip in 60 seconds?
Both feet must land over the rope for the skip to count.



#StayHomeStayActive

Equipment
Skipping rope
If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!

Achieve Gold 70 skips 

Achieve Silver 50 skips 

Achieve Bronze 30 skips 

60 Second Challenge

Step Ups

Can you focus, concentrating on the step?

The Physical Challenge
How many times can you step up and down a step in 60 seconds?
You must step up and down with one foot at a time. No jumping!



#StayHomeStayActive

Equipment
A step
If you do not have a step use a foot pouffe or a stool.

Achieve Gold 70 Step Ups 

Achieve Silver 45 Step Ups 

Achieve Bronze 30 Step Ups 

60 Second Challenge

Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge
How many star jumps can you complete in 60 seconds?
Make sure you clap your hands above your head and bring your feet together.



#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold 60 Star Jumps 

Achieve Silver 45 Star Jumps 

Achieve Bronze 30 Star Jumps 



TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

HANDY HITTER

どこでもボール | Dokodemo Bōru

Did you know? Badminton will join the Paralympic Games for the first time at Tokyo 2020.



Colour me in!

getset.co.uk/travel-tokyo

TRAVEL TOKYO LOTTERY FUNDED #TravelToTokyo

How to play

Activity type: Home, Away, Indoor, Outdoor

Equipment: Crumpled paper ball or small ball or Beach ball / balloon or Badminton shuttlecock

A. Personal challenge 1
Use a crumpled paper ball or a small ball then use the palm of your hand to hit it into the air. See how many hits you can do in a row!

B. Personal challenge 2
Use both hands. How many times can you hit the ball between your hands? Try to keep the ball at the same height for both hands.

C. Pairs challenge 1
Play with other people. How long can you keep a rally up? Practice keeping the ball high. Try using a different ball instead.

D. Pairs challenge 2
Compete against a partner. Can you hit the ball or shuttlecock so your partner cannot return it?

E. Pairs challenge 3
Use a chair or washing line as a net. Can you hit the ball or shuttlecock over the net?

Variations

- Play 2 v 2 and take turns to hit the object.
- Use a ball or racquet instead of your hand.

Challenge yourself

- Can you hit the object higher?
- Can you run from a baseline to hit the object?
- Can you beat your score for hits in a row?

What next?

Try something similar: Badminton, tennis, table tennis, volleyball/sitting volleyball

Try something different: Scooting, cycling, skateboarding

Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo

getset.co.uk/travel-tokyo

TRAVEL TOKYO LOTTERY FUNDED #TravelToTokyo



Tweet @witton_walkce



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Active Challenge Week Four

60 Second Challenge Super Slalom Run

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.

#StayHomeStayActive

Can you try and run as fast as possible?



Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs



60 Second Challenge Squat Jumps

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive

Can you be honest when counting your score?



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps



60 Second Challenge Socks in the Box

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.

#StayHomeStayActive

Do you keep trying even if you struggle to match up a pair of socks?



Equipment

Socks and a Box!
If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks



TOKYO TEN | 東京10

A 10-minute activity to get everyone moving!

BE BOULDER

じっと我慢 | Jitto Gaman

Did you know?
Bouldering is popular in Japan so Sports Camping will join the Olympic Games for the 1st time at Tokyo 2020.



Colour me in!

getset.co.uk/travel-tokyo



10 Mins



BE BOULDER

じっと我慢

Jitto Gaman



Activity type

Home Away Indoor Outdoor

Equipment

Dice



How to play

- Pick one person to be the dice thrower, the rest will be climbers and agree what the numbers on the dice mean. For example:
1 = left hand
2 = right hand
3 = left foot
4 = right foot
5 = left
6 = change thrower
- The climbers crouch on their hands and feet (no knees) - this is the rest position.
- The thrower throws the dice, the climbers lift the matching body part off the floor and try to stay balanced. Keep throwing until someone falls over or a 6 is thrown, then change the thrower. Who can follow the correct moves and stay balanced longest?
- Keep going to see who can balance for the longest time! Speed up the game so climbers must change positions faster.
- Lift up two body parts or once to make it more challenging. For example:
1 = left hand and right foot
2 = right hand and left foot
3 = left hand and left foot
4 = right hand and right foot

What next?



Try something similar
Bouldering, indoor climbing, adaptive climbing, adventure playground, monkey bars, balance beam



Try something different
Swimming, water polo, diving, sailing



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo



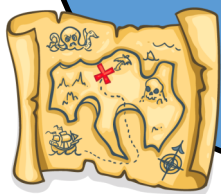
Tweet @witton_walkce



Active Games

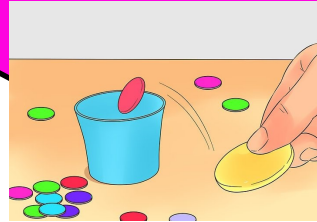
Treasure hunt

<https://www.youtube.com/watch?v=P3n5vBD0GBE&list=PLX9GnyQdxaf5NUXnIP-PCQ4ssc2tjnRUr&index=1>



Tiddly Winks

<https://www.youtube.com/watch?v=lzPZ9H2JD8s&list=PLX9GnyQdxaf5ONUXnIP-PCQ4ssc2tjnRUr&index=5>



Don't forget to follow @ValeRoyalSSP to join in some daily challenges with other local primary and secondary schools.

Follow @YouthSportTrust for lots more daily challenges and activities.

Jenna Downing Inline Skating World Champion is doing a virtual assembly for us to watch - look out for it on Twitter!