

# Physical Activities Challenges – 4 -7 year olds

## Challenge 1 Multi Skills

### Home James

Set up a pathway – use pegs, plastic bottles any household object. Moving along different pathways. You can select different ways of moving from one object to another.

On command “Home James” you return along the same pathway.

Try moving along pathways exploring different ways of moving on one’s feet.

#### Harder way:

Try moving along pathways & shadowing a partner.

## Challenge 2 Mindfulness

### Try some of these different techniques

Practice kind thoughts, think of 5 people you would like to send kind wishes to.

Blow bubbles ‘slo-mo’ style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible.

Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels.

Listen to some music and see how many different instruments you can each hear.

## Challenge 3 Problem Solving

### Cross the swamp

- You will need two pieces of paper per player.
- Put the first piece on the floor and step onto it. Then, put the other piece on the floor and step onto that one.
- Next person has their go.
- Repeat so that you travel across to the other side of the swamp.
- Try not to fall/step into the swamp.

**Easier way:** Keep the swamp small so you don’t have to travel across too far.

**Harder way:** Use one piece of paper each – you can have two people on it. How fast can you get across? Time yourselves.

## Challenge 4 Games

### Roll-a-ball

- Stand 5 strides apart with legs apart, from your parent/carer.
- The aim is to roll the ball so it comes to a standstill in between the legs of your opponent. If it does, it is 1 point to you!
- First person to 5 points is the winner!

**Easier way:** The ball just has to pass between the legs.

**Harder way:** Stand further away with legs closer together.

## Challenge 5 Fitness

### Roll to fitness

You will need a dice from a board game or use a virtual online dice.

<https://freeonlinedice.com/>

- Roll the dice and perform the following moves depending on what number you roll.

1 = 10 star jumps

2 = 10 hops on right leg

3 = bend and touch your toes 10 times

4 = balance on your left foot for 5 seconds

5 = pretend to climb a ladder for 10 steps

6 = sprint on the spot for 10 seconds

**Easier way:** Perform the actions for less time or less number of times.

**Harder way:** Create your own actions for the different numbers on the dice.

## Challenge 6 Dance

### Musical statues

- You will need music e.g. CD player, radio, through a phone or television.

- Each person starts with 5 lives. Move around (dance) to the music and, when the music stops, stand like a statue and don't move!

The first person to move loses one of their lives.

Once all lives are lost that person is out!

The last one left in is the winner!

- You could also try blinking or shrugging your shoulders too.

**Harder way:** Stop the music at quicker intervals. Hold a balance when the music stops.

## Challenge 7 Personal Best

### Speed bounce

- You will need 2 cones and a stick (broom or pole) or a line on the floor in the garden/house

- Jump (2 foot to 2 foot) over the line as many times as possible in 20 seconds

**Easier way:** Jump from 1 foot to the other

**Harder way:** Add an obstacle to jump over

## Challenge 8 Gymnastics

### Beautiful balance

- Make your own balances, using different body parts.
- Remember to hold each balance for 3 seconds. Keep as still and stretched as you can.

- Try using your hands, feet, knees, elbow, back and tummy.

- Can you move from one balance into the next without wobbling?

**Easier way:** Use bigger body parts, like your back and tummy.

**Harder way:** Use small body parts – hold your balances for longer (5 seconds).