

# Physical Activities Challenges 7-10 year olds

## Challenge 1 Multi Skills

### Ten Pin Bowling

Set up a bowling alley in your garden or somewhere safe inside. Use large plastic drinks bottles, weighed slightly with some rice, stones to act as pins.

The ten pins are set upon a flat. The players have to try to knock down as many pins as possible in two attempts.

1 point for each pin knocked down

10 points for a "strike"

5 points for a "spare." (2<sup>nd</sup> attempt)

**You may need to experiment a little with the weight of the pins, and the size of the ball you use!**

## Challenge 2 Mindfulness

### 10 mindful steps

This activity is best completed outdoors; you may like to walk barefoot.

Design a clear boundary for where you can walk.

Select a small area where you can walk in a line for about 5 or 6 steps and back, then back to where you started.

Begin this practice with three deep breaths.

Take 5 or 6 steps in one direction, turn slowly and then take 5 or 6 steps back to where you started.

While walking, bring your awareness to your breath and your body.

– What does the ground feel like under your feet?

– Which part of your foot touches the ground first when you take a step?

– Does your body feel heavy or light today?

– Are you slouching when you walk? Or, is your back up quite straight?

Repeat

Try not to change the way you walk, but instead just notice how your body naturally moves.

## Challenge 3 Problem Solving

### What's missing?

- You need a tray with lots of little objects on it – pencil, rubber, gloves, ruler, apple, spoon, coaster etc. A timer. A partner.
- Put all the objects on the tray.
- Cover the tray with a tea cloth and then remove it and show it to your partner. Let them look for 15 seconds.
- Take the tray away, remove an object, cover the tray back up and then remove the tea cloth again before showing it to your partner.
- Can they guess what is missing? If they get it wrong, then give them a forfeit (20-star jumps) Repeat

**Easier way:** Have fewer objects.

**Harder way:** Increase the number of objects.

## Challenge 4 Personal Best

### Sock drop

- Ask a family member to hold both pairs of socks out in front of them.
- You stand opposite with your hands placed on top of their hands (all palms facing the ground).
- At any point, the family member can let go of the socks, one at a time, and you have to try to catch them before they hit the floor.
- How many times can you do this before a pair of socks hits the floor?

**Harder way:** Ask the family member to release the socks at the same time.

### Challenge 5 Fitness

#### Jumping Dice

- Take it in turns to roll the dice. Perform the following actions, depending on which number your roll:
- Roll a 1 = Perform 20 star jumps
- Roll a 2 = Perform 20 tuck jumps
- Roll a 3 = Perform 20 pencil jumps
- Roll a 4 = Perform 20 jumps with a ½ turn
- Roll a 5 = Perform 20 jumps with a full turn
- Roll a 6 = Perform 20 squat jumps

**Easier way:** Reduce the number of moves

**Harder way:** Roll the dice twice and combine the movements

### Challenge 6 Dance

#### Action packed!

- Choose a storybook that you enjoy reading at home. Pick a page and try to pick out the movement words (verbs) in the text.
- Explore how you could move like the verbs.
- Can you link the movements together to create a simple dance?

**Easier way:** Use a picture book and see what actions you can identify.

**Harder way:** Can you find a piece of music to perform your moves to?

### Challenge 7 Gymnastics

#### Super sequences

- Create a short gymnastics sequence that contains a roll, a jump, a balance and a travel.
- Can you perform your sequence to an adult?
- How can you show that your sequence has a clear start and finish?

**Easier way:** Take out 1 element in the sequence

**Harder way:** Can you repeat your sequence or add another form of travel?

### Challenge 8 Fitness (2)

#### Sock ladder challenge

Make sure you have a clear, empty space all around you.

- Begin by laying out 4 socks like the rung of a ladder.
- Now step between the rungs working your way along the ladder then back again. There and back equals one.
- Both feet must touch the floor in each space between the rungs
- How many can you do in 30 seconds?

**Easier way:** Reduce the time limit

**Harder way:** Add more socks to the ladder but keep the same time limit