

Physical Activities Challenges – 4 -7 year olds

Challenge 1 Multi Skills

Target hoops

- You will need 3 hoops (buckets or draw chalk lines), 4 bean bags (or rolled up pairs of socks)
- Choose a starting 'line'.
- Place the hoops next to each other with the first hoop 2m away.
- See how many points you can score.

Easier way: Move the hoops closer to the starting line/use larger hoops

Harder way: Move the hoops further away/use your non-dominant hand

Challenge 2 Mindfulness

Teddy bear breathing

- This activity encourages children to think about and control their breathing.
- Ask them to lie on the floor and place a teddy bear on their tummy.
- Ask them to take a deep breath in, and a slow breath back out again.
- Ask them to breathe in as you count to three and out as you count to three.
- Ask to watch how the teddy-bear is moving on their tummy.

Challenge 3 Problem Solving

Touchy feely

- You will need a bag and objects from around the house/garden
- Children must feel the bag and try to work out what each object is.
- Several objects together can create a theme which children must guess (e.g. Summer items)
- Could children identify objects through their smell/taste?

Easier way: Larger, more familiar objects and clues

Harder way: Smaller objects

Challenge 4 Games

Feed the crocodile

- You will need rolled up socks, something as a target – washing basket, sandwich box or even a piece of paper (you could draw a crocodile on it)
- Try and get the rolled sock to land on/in the target by dropping it from above head height.
- Stand away from the crocodile and start with the rolled sock above your head.
- Take aim and drop!

Easier way: Stand closer and make the crocodile (target) bigger.

Harder way: Move further away and around the crocodile. Use your other hand.

Challenge 5 Fitness

Challenge 6 Dance

<p>Animal Fun</p> <ul style="list-style-type: none"> • Do each exercise for 30 seconds and then rest for two minutes. Repeat. <p>Frog jumps –squat down with hands between your feet and jump up high – just like a frog.</p> <p>Kangaroo jumps – start with your feet together and jump high like a kangaroo. Keep your arms tucked in.</p> <p>Snake drop – start in the plank position (bit like a press up position) Hold still for 10 seconds, then lower yourself to floor – lie flat and still for 10 and then push back up. Repeat.</p> <p>Monkey swing – start with your feet together. Leap to the one side then return to your start position. Leap to the other side and return. Use your arms – swing them out and back.</p> <p>Leopard sprint – run on the spot as fast as you can. Remember leopards are the fastest runners –can you go as fast as a leopard? Repeat and have fun! Easier way: Have a 30 second rest in between each exercise</p> <p>Harder way: Do each exercise for a minute with less rest in the middle.</p>	<p>Pirate Party</p> <ul style="list-style-type: none"> • Play your favourite song and keep moving and follow these commands: <p>Climb the ladder – on the spot, high knees and reach above your head with your arms</p> <p>Scrub the deck – crouch down low and use both arms to pretend to scrub the floor</p> <p>Overboard –start on the spot and jump to the side. Repeat to the other side</p> <p>Captains coming – Jump to attention forwards, side, back and side (so you are jumping in a small circle)</p>
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Challenge 7 Personal Best

Challenge 8 Gymnastics

<p>Bounce the ball</p> <ul style="list-style-type: none"> • You need a small ball. • The aim is to see how many times you can bounce the ball and catch it, in 1 minute. • You can use one or two hands to catch the ball. • The ball can bounce once or twice – you decide. • Have a few practice goes and then time yourself doing the challenge. Repeat the activity and try and beat your best. <p>Easier way: Let the ball bounce two or even three times. Use a bigger ball.</p> <p>Harder way: Let the ball bounce once. Use one hand. Try with your other hand.</p>	<p>Body alphabet</p> <ul style="list-style-type: none"> • Get an adult to shout out different letters in the alphabet. • Can you create that letter using body parts? <p>Easier way: Choose whether to do a lower case or uppercase letter</p> <p>Harder way: Can you spell words, creating each letter at a time?</p>
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