

Physical Activities Challenges 7-10 year olds

Challenge 1 Multi Skills

Treasure Chest

- Find 10 'treasure' items; **socks, shoes, small toys**, etc at one end of the room – this is your 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?

Easier way: Increase the time/bring the treasure chest closer

Harder way: Put more items in the treasure chest

Challenge 2 Mindfulness

Listening walks

- Whilst on a walk or in your **garden**, concentrate on the different sounds you can hear.
- Try and listen for things you might not normally notice (like the rustle of leaves, a bird chirping, the sound of shoes walking on the floor, the wind blowing etc.).
- When you get back home, name five things that you heard.

Challenge 3 Problem Solving

Pick up sticks

- Choose a starting line in your house or garden.
- You are not allowed to touch or step over this line or go around the sides of it.
- Place an **object** (stick, fork, glue stick, felt tip pen) 30cm away from the line – can you reach it?
- Pick up the object and ask an adult to move it further away from the line. Can you reach it now? Repeat until it's too far away.
- Measure the distance you were able to reach it from

Easier way: Choose a larger object to pick up

Harder way: Use a smaller object to pick up

Challenge 4 Personal Best

Power squats

- Start in the correct squat position.
- Squat down and touch the floor between your feet with both hands.
- Return to starting position. Keep going.
- Count every time you touch the floor.
- Have a rest and try and beat your personal best
- Now repeat the above but jump on the way up. It should look like this: Start–squat–jump–land –squat etc.
- How many can you do in a minute?

Easier way: Do half squats in 30 seconds.

Harder way: Do a full squat jump every time. Increase the time to 90 seconds.

Challenge 5 Fitness

Challenge 6 Dance

Wacky workout

- Follow these simple instructions for a wacky workout.
- Complete each activity twice for 30 seconds, with a 30 second break in between:
- Hold the socks in one hand above your head and jog on the spot. Repeat with socks in your other hand.
- Now pass the socks from one hand to the other whilst jogging on the spot.
- Put the socks on the floor and jump over them (two feet to two feet – side to side)
- Leave the socks on the floor and jump over them (two feet to two feet – front to back)
- Place the socks on your head and squat.
- Lie on the floor in the push up position. Place the socks on your back and push up.
- With a partner, stand a metre apart and use the palm of your hand to bat the socks to each other. How many can you do in 30 seconds?

Easier way: Complete each exercise once.

Harder way: Complete each exercise for one minute with less rest in between.

Dance your 'Escape to Madagascar!' Freestyle warm up:

- Use You Tube to play 'I like to Move it' – will.i.am Official Madagascar 2 Music Video.
- Copy the crazy animals – jump, wiggle, wave, side step.

Play Madagascar 3 Afro Circus Full song

Choose 4 of the aerobic action words from the box below. Repeat each action 4 times before moving to the next one. When you are ready, chose another 4 words and repeat.

Jump Twist Spin Step (forward/back/side to side)
Shoulder roll Arm spins. Hop Turn. Cross over arms/legs. Hand pose High knees Reach high/low/side to side

Challenge 7 Gymnastics

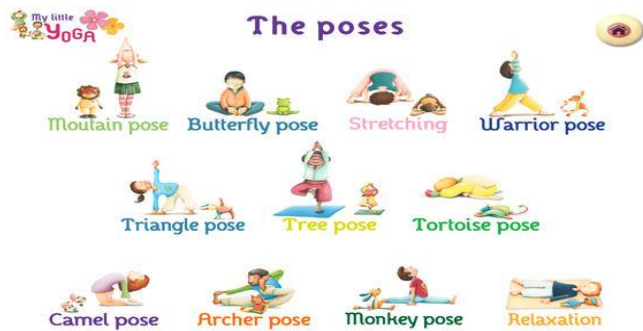
Balance beams

- You need one or two long scarves.
- Place the scarves on the floor in a straight line to make a pretend beam.
- Practice this routine along your beam:
- Stretch to start
- Bunny jump onto the beam (two hands and two feet)
- Stretch tall
- Step along the beam – one foot in front of the other.
- Stop and balance on one foot.
- Squat down low. • Jump turn. • Balance on one foot with one leg behind you. • Jump off the end. • Now, can you make your own routine?

Challenge 7 Yoga

Your yoga sequence

- Look at the yoga poses below - there are eleven poses.
- Practice each one.
- Hold it for 8 seconds and breathe deeply.
- Remember to be comfortable – don't try and overstretch.



Easier way: Hold the poses for 5 seconds.

Harder way: Hold it for longer and move smoothly from one pose to the next.