

# Physical Activities 4 -7 year olds

## Challenge 1 Multi Skills

### Squeeze

Create an obstacle course using any objects around your house/garden. Choose an object as a (cone), move your cone into the middle of the room/garden (with enough space to pass by in the area), travel with giant steps anywhere.

On command 'Squeeze,' tiptoe into the centre to stand by their object (cone) without touching anything on the floor. 'Giant steps,' starts the game again. Repeat. Next time they can find their cone/marker and hold it up in the air.

**Easier way:** Only have a few objects on your obstacle course.

**Harder:** Place your objects on your obstacle course closer together.

## Challenge 2 Mindfulness

### Heartbeat Exercise

Stand up and either jump up and down or do jumping jacks (star jumps) for one minute.

At the end of that minute, place your hand on your heart and pay attention to how your heartbeat and their breathing feels.

## Challenge 3 Problem Solving

### Laser Web

Use a large ball of string/wool to create a giant web from one end of a room/section of the garden to the other.

The goal is for individuals or family members to move through the web without touching the string. If they do so, they have been "zapped by a laser" and must try again.

**Harder way:** Use blindfolds or turn off the lights, allowing players to touch the string, but not pull it down or out of its original shape.

## Challenge 4 Games

### Football – Dribbling Skills

Selection of cards with words hand, knee, elbow, foot, bottom written on. Place them around the room/garden where you can see them.

- Get a ball, dribble around the space, keep close control. Remember little touches of the ball
- After 10 seconds, chose a card and place that body part on top on the ball and hold for 5 seconds.

Repeat, try and complete all body parts

**Harder:** Use markers (pegs) to create a gateway that you can dribble through. Count how many times you can dribble though the 'gate' in the 10 seconds.

## Challenge 5 Fitness

### Simon Says

You will need a grown up to help with this fitness routine.

Your family member needs to shout out any one of these related exercises.

You must complete them to create a fitness routine.

Try and repeat the routine twice.

- 1 x jumping jacks (star jumps)
- 1 x tuck jumps
- 1 x bunny hops
- run on the spot for 10 seconds
- hop on your left foot 5 times
- hop on your right foot 5 times
- 1 x reach up high and touch your toes
- high knees for 10 seconds

**Easier:** only use 3 exercises

**Harder:** use 5 exercises but they MUST be in the order your grown up told you.

Test your memory as well

## Challenge 6 Dance

### Fun Dance off

Choose your favourite party dance song and dance away creating your own dance moves. Why not involve the whole family and have a 'dance off'

Who has the best moves?

**Harder:** Why not create your own family party dance.

## Challenge 7 Personal Best

### Alternate Hand Throw – This is best completed outside

**You will need;** ball (rolled up pair of socks), wall, tape measure, pegs (marker), pen and paper.

- Place your marker 2m away, stand behind it.
- Throw a ball in an underarm action against the wall
- Try and catch the ball on its return
- Time for 20 seconds and record the number of successful catches

Repeat to try and beat your previous score

**Easier:** move closer to the wall

**Harder:** add in additional moves e.g. a turn

## Challenge 8 Gymnastics

### Animal Mimic Me

Pretend to be different animals and perform the movements of these animals.

E.g. Kangaroo – perform different jumps around the room

Crabs – crawl around on hands and feet with belly buttons facing towards the ceiling.

Giraffe - Standing stretching very tall, walking with high legs and giant strides

Gorilla - Side galloping, repeating on both sides

