

# Physical Activities 7-10 year olds

## Challenge 1 Games

### Sitting Volleyball – 2 players

- start by sitting on the floor, opposite the other player
- Pretend to hit the volleyball (using 2 hands at shoulder height) to the left or right of your partner.
- Shout **left** or **right** to start with.
- Your partner moves as if they are returning the ball. Keep changing sides to keep them guessing!
- Have 10 goes each

**Harder:** Now try it without saying **left** or **right**. Your partner must watch your action to guess where the pretend ball is.

## Challenge 2 Mindfulness

### Get Down With Your Senses

Stand in an open space. Close your eyes, take 3 deep breaths in and out. Open your eyes.

Notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste?

## Challenge 3 Problem Solving

### Obstacle Race – at least 2 players

Set up a mini obstacle course with a start and an end.  
One person must blindfolded and try and get from one end of the course to the other

Try to direct your partner by using as few commands as possible.

#### Commands could be:

Take 2 steps forward to the left  
Turn a quarter turn to the right  
Walk backwards 1 space  
Turn half a turn to the left

**Harder:** Give yourself 3 lives and lose a life if an obstacle is touched

## Challenge 4 Personal Best

### Stork Balance

#### You will need: a stop watch, pen and paper

- Place the hands on the hips
- Position the non-supporting foot against the inside knee of the supporting leg.
- On “go” raise the heel to balance on the ball of the foot. The stopwatch is stopped if any of the follow occur:
  1. the hand(s) come off the hips
  2. the supporting foot moves (hops) in any direction
  3. the non-supporting foot loses contact with the knee
  4. the heel of the supporting foot touches the floor

**Easier:** add support

**Harder:** do blindfolded or on the ball of the foot

## Challenge 5 Fitness

## Challenge 6 Dance

**Have a go at some of these challenges**

- How many items of clothes can you put on in 2 minutes?
- Find as many items beginning with the letter ... (you can choose the letter) in 2 minutes?
- Find as many items as you can that are the colour black? (you can change the colour)
- Find a bench or step and do step ups, one leg at a time for 1 minute. How many steps can you do? Can you do jump ups? (both legs at once)
- Do push ups for 30 seconds. How many can you do? Can you do push ups with one hand or one foot? If it is hard, you can do push ups with your knees down.

Send some of your pictures into the PE email address: [pe@vfs.endeavourschools.org](mailto:pe@vfs.endeavourschools.org)

**Mr Mime**

- Create a small square in the room use any household object to make your square.
- Imagine that you are in a sealed glass box.
- Create a balance as though you are leaning against the glass.
- Move around the glass box in different ways, always remembering to stop at the glass.
- Use hand movements just as a mime artist would.
- Play some music of an earthquake and bounce from one side of the box to the other and once the sound stops dust off your shoulders, shake your head, stretch your back and return to your movements.

## Challenge 8 Yoga

**Try some of these yoga positions**

**Frog Pose – Bhakasana**

Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs

**Cat – Cow Pose – Marjaryasana Bitilasana**

Start by kneeling on hands and knees. Make sure hands are below shoulders and knees are below hips.

Inhale, look up to the ceiling and let your tummy sink towards the floor.

Exhale, round your back towards the ceiling and look at your tummy.

Repeat

**Child's Pose - Balasana**

Kneel on the floor touching your big toes together

Sit back on your heels and separate your knees, hip-width apart

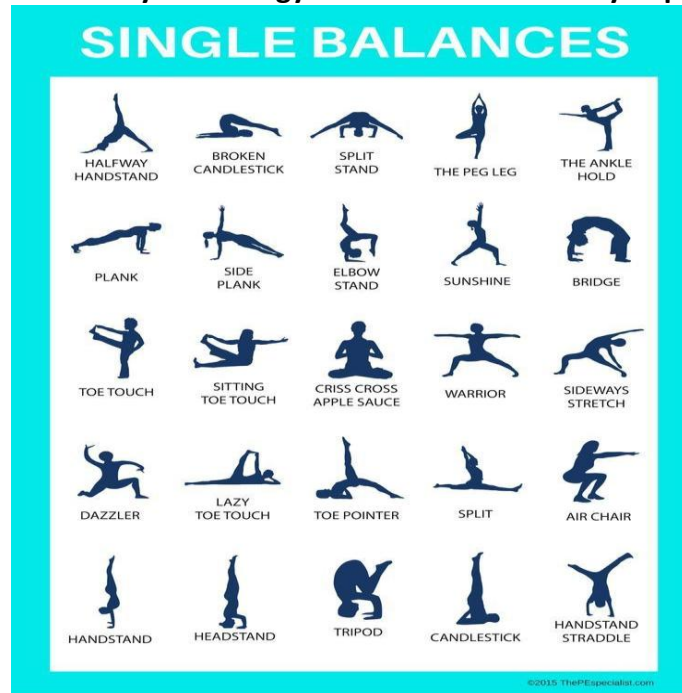
Exhale, bringing your head down, and rest it on the floor in front of you

Place your hands wherever they are comfortable by your head, your knees etc

Relax and breathe, holding this pose

## Challenge 7 Gymnastics

How many of these gymnastics balances can you perform?



**Harder:** Combine them together to make a short sequence. Add a piece of music