

PSD WEEKLY PHYSICAL ACTIVITY CHALLENGES!



Please attempt to complete each challenge as best you can.

All of our challenges have been designed to be able to be completed at home or outdoor space.

Feel free to adapt or change any of the challenges to suit your needs.

Always attempt to beat your top score/personal best score if you feel like you can.

Be creative with the equipment you use and make sure the following SAFE principles are followed:

S = Make sure it is **SAFE** to complete (be aware of your surroundings).

A = **ADAPT** the challenges to ensure they are appropriate for you.

F = Make the challenges **FUN!**

E = **ENGAGE** with other members your family to complete the challenges.

If there are any elements of the challenges you are not sure about for example what a burpee looks like simply google the word and you should be able to find an example.

We hope you enjoy the challenges please feel free to share them with us on our social media outlets:



UNDER ARMOUR.

MONDAYS ACTIVE CHALLENGES!



Year Group	Morning challenge	Simplify (-) / Progress (+)	Afternoon challenge	Simplify (-) / Progress (+)
RECEPTION	How long can you balance on one leg for? Try and hold it for 10 seconds if you can. Don't forget to change legs after each attempt.	- = Use an object to support you (e.g. chair/stool). + = Place an object on your head while balancing (e.g. rolled up socks or bean bag). ++ = Close your eyes and try to balance	How many pairs of rolled up socks can you throw into a circular target in one minute?	- = Move closer to the target or make the target bigger. + = Move further away from the target or make the target smaller ++ = Can you stand on one leg and throw.
YEAR 1 & 2	How many times can you throw and catch a ball or rolled up pair of socks in one minute? The ball/socks must go above your head.	-- Use a larger object and throw the object lower + = Add in a clap before you catch ++ = Catch with one hand only or stand on one leg	Walk around the room/garden with a pair of rolled up socks balancing on your head. What is the longest amount of time you can keep the socks on your head?	-- Balance the socks on your head on the spot for 20 seconds. + = Add in another object to balance on a different part of your body e.g. shoulder. ++ = Add in obstacles to pass/go over while walking around
YEAR 3 & 4	How many times can you kick a ball or rolled up pair of socks into a target in one minute?	-- Move closer to the target or make the target bigger. + = Move further away from the target or make the target smaller ++ = Use alternate feet to kick the ball	Perform a plank balance for 30 seconds? Make sure your body is flat and not touching the ground. Search plank position in google.	--Reduce the time to 20 seconds and/or place one knee on the ground. + = Extend the time to 40 seconds
YEAR 5 & 6	Using your hands only, how many times can you keep a ball or rolled up pair of socks in the air without dropping it/them?	-- Use a larger ball or balloon and/or allow one bounce between hits. + = Use alternate hands to hit the ball/socks in the air ++ = use the palm and back of your hand to hit the ball/socks +++ = Add in a second ball/socks and keep both in the air.	How many burpees can you complete in one minute? Search burpee exercise in google.	-- Remove the press-up section of the burpee. + = Jump and stretch as high as you can when moving into the standing position. ++ = Add in a star shape when jumping.



TUESDAYS ACTIVE CHALLENGES!



Year Group	Morning challenge	Simplify (-) / Progress (+)	Afternoon challenge	Simplify (-) / Progress (+)
RECEPTION	Can you stretch down and touch your toes without bending your knees to hold the stretch for 10 seconds without moving off balance?	-= Bend your knees slightly + = Hold the stretch for longer 15-20 seconds.	Can you roll a ball/pair of rolled up socks at a target to knock it over e.g. water bottle.	-= Move the object closer + = Move the object further away ++ = Stand on one leg when rolling the ball and use alternate arms to roll the ball.
YEAR 1 & 2	Can you hit a ball or rolled up pair of socks on the ground at a target? How many times can you hit the target in one minute?	-= Move closer to the target + = Move further away from the target	Can you throw a ball/rolled up pair of socks over an object using an overarm technique? How many times can you throw the ball/socks in one minute?	-= Make the object smaller or throw underarm + = Move further away from the target. ++ = Make the object higher and/or stand on one leg.
YEAR 3 & 4	How many times in one minute can you run to an object and back that is placed 5-10 meters away.	-= Shorten the distance + = Can you run backwards or sideways when completing the task.	How far can you jump when completing a standing long jump (2 feet to 2 feet)? Complete the same for 1,2,3,4 & 5 jumps in a row.	-= Allow a short run up before jumping. + = Complete the standing long jump on one foot and land on the same foot.
YEAR 5 & 6	How many air punches can you complete in one minute standing on the spot?	-= Reduce the amount of time to complete the challenge + Can you move around while completing the air punches ++ = Can you add in different punches (hooks, uppercuts and jabs)	How many squats can you complete in one minute? Make sure your legs squat down to a right angle (90 degrees).	-= Reduce the amount of time to complete the challenge. + jump in between squats.



WEDNESDAYS ACTIVE CHALLENGES!



Year Group	Morning challenge	Simplify (-) / Progress (+)	Afternoon challenge	Simplify (-) / Progress (+)
RECEPTION	<p>Standing in a star shape - how many objects can be balanced on your body?</p> <p>Use objects like teddy bears, clothes, toys or books.</p>	<p>-- Use objects that can be hooked onto body parts. + = Stand on one leg when completing the task.</p>	<p>How many times can you throw and catch a ball/socks with a partner without dropping it?</p>	<p>-- Move closer to each other + = Move further apart from each other and /or make the object smaller ++ = Stand on one leg when catching the ball/object.</p>
YEAR 1 & 2	<p>How many times can you kick a ball at a target and hit it in one minute?</p> <p>E.g. kick a ball to hit a toy/teddy bear</p>	<p>-- Move closer to the target. + = Move further away from the target. ++ = Use alternate feet to kick the ball.</p>	<p>How many times can you pass an object around your waste in one minute - change direction after 10 full rotations?</p>	<p>-- Make the object bigger/easier to manage. + = Can you create a figure of eight with the object around both of your legs instead of your waste.</p>
YEAR 3 & 4	<p>How many times can you throw and catch a ball/socks with the same hand in one minute. The object must be thrown above your head.</p> <p>Don't forget to switch hands and try with both hands</p>	<p>-- Throw with one hand but catch with two. + = Stand on one leg when throwing and catching. ++ = Spin around in a circle before catching one handed.</p>	<p>Can you create a short gymnastics sequence which includes 1 jump, 1 roll, 1 balance.</p> <p>Don't forget to link the elements together and present (boys one hand up and girls both hands up) at the start and finish of the sequence.</p>	<p>-- Include any three gymnastics elements you know. E.g. 3 jumps, 3 rolls etc. + = Add in additional elements up to 6 in total.</p>
YEAR 5 & 6	<p>How many press-ups can you complete in 30 seconds?</p> <p>Trying not to stop between press-ups.</p>	<p>-- Complete press-ups on your knees. + = Extend the time to 45 seconds</p>	<p>With a partner can you throw and catch two objects at the same time?</p> <p>Tip - one person throws over and the other throws under.</p>	<p>-- Move closer together and use larger/easier objects to catch. + = Move further apart from your partner and use smaller/harder objects to catch ++ = Stand on one leg when throwing and catching.</p>



THURSDAYS ACTIVE CHALLENGES!



Year Group	Morning challenge	Simplify (-) / Progress (+)	Afternoon challenge	Simplify (-) / Progress (+)
RECEPTION	How many times can you perform a two-footed jump forwards and backwards over a line/low level object in 20 seconds?	-= Remove the line/object + = Make the object higher and extend the amount of time.	Can you create three different shapes with your body. Tip - pencil, star, tuck shapes are simple to create.	-= Ask an adult to demonstrate the shapes to make. + = Create a shape like a letter from the alphabet?
YEAR 1 & 2	How many times can you perform a two footed jump from side to side over a line/low level object in 30 seconds?	-= Remove the line/object + = Make the object higher and extend the amount of time.	Can you create a short and safe obstacle course to complete. Tip - include objects to go over, under and around.	-= Use simple objects in your obstacle course. + - Use high and low obstacles in your obstacle course. ++ Perform the obstacle course with an object balancing on your head.
YEAR 3 & 4	How many times can you perform a one foot to one foot (the same foot) jump over a line/object in 45 seconds?	-= Remove the line/object + = Make the object higher and extend the amount of time.	Object run. Using 5 different objects in your house complete a shuttle run back and forth to 5 different lines placing an object on each line/marker as you go e.g. 1m, 2m, 3m, 4m & 5m. Once they are all out bring them all back one at a time to the start line. Time how long it takes you to complete.	-= Use less objects + = Complete a different movement each time you place an object on a line/marker e.g hop, skip, jump, sidestep, go backwards etc.
YEAR 5 & 6	Standing on one leg how many times can you jump from one foot to one foot (the same foot) around a square split into four quarters in 30 seconds. Don't forget to change legs and try on both legs.	-= Perform two footed jumps instead of one foot to one foot. + = Jump from on foot to the same foot backwards.	Using a ball/socks how many times can you complete the fish and chips challenge without dropping it. Fish and chips: fish palm of your hand and chips back of your hand. You must flip your hand over after each hit.	-= Use one side of your hand only + = Stand on one leg while perform the fish and chips challenge. ++ = Balance an object on your head while performing the fish and chips challenge.



FRIDAYS ACTIVE CHALLENGES!



Year Group	Morning challenge	Simplify (-) / Progress (+)	Afternoon challenge	Simplify (-) / Progress (+)
RECEPTION	Sitting down on the floor with your legs stretched out in front of you, how many time can you put a teddy bear down on the right and left hand side of you in 30 seconds.	- = Reduce the amount of time for the challenge + = Increase the amount of time for the challenge and/or make the object smaller/harder to manage.	Matching pairs game. Ask an adult to hide 4-8 objects under a tea towel/t-shirt each object must be hidden separately. Children run/skip or jump to the objects & try to reveal a matching pair (could be the same object or the same colour or begin with the same letter) when you have a matching pair bring them back to the start line & try again until you have all the matching pairs.	- = Reduce the amount of pairs + = increase the amount of pairs ask children to move in a different way each time they attempt to find a matching pair.
YEAR 1 & 2	How many jumping jacks can you complete in 30 seconds?	- = Reduce the time for the challenge. + = Include a half turn between each jumping jack.	How many times can you dribble a ball/socks around an object 5-10 metres away in 30 seconds?	- = Move closer to the object and/or reduce the time for the challenge + = Add in other objects to dribble between (zig zag).
YEAR 3 & 4	Using your body to create shapes of letters can you spell a simple 3-4 letter word?	- = Create 3-4 different letters without spelling a word. + = Increase the letters to spell a longer word.	Choose your favourite song at the moment and create a dance from the start to finish. Try to demonstrate the story of the song in your dance.	
YEAR 5 & 6	Using a wall and bouncy ball how many time can you bounce the ball onto the floor to hit the wall and catch it in one minute?	- = Throw and catch the ball against the wall remove the bounce on the floor first. + = Stand on one leg to throw and catch. ++ = Use one hand to catch and alternate hands.	Create a simple track/obstacle course. Blindfold a partner and talk them through each section of the obstacle course to see if they can complete it. Tip - talk slowly and with as much detail as possible e.g. take one small step forwards, turn a quarter of a circle to your right.	- = Remove the blindfolds and complete the task without them. + Only communicate with sounds not words e.g. claps, whistles, sounds etc.

