



Active Challenges

- Try to do at least one challenge every day or as many as you can manage.
- Check that you have a safe space to move in.
- All challenges can be done with simple equipment.
- Remember to keep active, keep improving and keep smiling!

1. **Can you catch it:** Throw a ball into the air and touch your head before catching it. Next time throw the ball up, touch your head then shoulders before catching the ball. How far can you get – head, shoulders, knees and toes before the ball is not caught?
2. **Speed bounce:** Place a stick or piece of string on the floor or find a playground marking. Jump over it side to side. Count how many bounces in 20 seconds, then in 30 seconds. Record and try and beat your score next time.
3. **On target:** Make a skittle target using empty plastic bottles, lego figures or cones. Take 3 steps back from the target, and with a ball or a pair of rolled up socks – aim and throw underarm to knock them down. Make it harder by taking further steps backwards.
4. **Round the world:** Pass a ball or rolled up pair of socks around your waist from one hand to the other. How many times can you pass the ball round in 30 seconds? How many times in one minute?
5. **Scavenger hunt:** Choose a starting point and return all items to this point, collecting one at a time. Start your timer and collect items that are the colour of the rainbow: red, orange, yellow, green, blue, indigo (purple). How long did it take? Challenge a friend to beat your time!
6. **Balancing act:** Balance a pair of socks on your head. Walk from one place to another. Can you walk up a slope without them falling?
7. **Can't get outside?** Try an online active challenge such as [cosmic kids yoga](#).



Tweet us [@LeedsActiveSchs](#) to share your attempts!