



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 **Shuttle run and sort:** In an outdoor space, mark out a shuttle run approximately 10 metres long. Place 10 objects (teddy bear, socks, cereal packet, etc) at the start line. On 'go' move one object to the end line, run back and move the second object until all ten have been moved. Try sorting the objects into groups and explain your sorting criteria to a partner. Or let them guess your sorting criteria!

2 **Teamwork – reaction time:** Partner A holds two tennis balls at shoulder height with arms outstretched to either side and partner B stands 2 meters away. A then drops one ball and B has to run and catch the ball before it bounces twice. Make it harder: players move further apart,

3. **Roller ball run:** Your challenge is to make the longest roller ball run you can, using only the materials you can collect from around your house! This challenge is best completed outside. You aren't allowed to touch the ball while it's rolling. Check with an adult which materials you can use to fix the run together and hold it in place! Tip: start at a higher position to get the ball moving.

4. **Balance:** How many different ways can you balance on 1 body part? On 2 body parts? On 3 body parts? On 4 body parts?

5. **Scavenger hunt:** Science challenge: find something that floats, something that you can see through (transparent), something hairy (look closely at natural objects) and something that can bounce.

6. **Jumping patterns:** Find about 10 small objects - balls of screwed up paper, rolled up socks, or small soft toys. Spread them out on the floor in an open space. Put some in pairs and some on their own. Jump over the paired objects with 2 feet, and the single objects on 1 foot. Create a route for your jumping for a partner to copy.

7. **Want to do more:** Try an online active challenge such as [this is PE](#).



Tweet us @LeedsActiveSchs to share your attempts!