



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. **Rebound challenge:** Find a wall that you can throw a ball at safely. Using an underarm throw, throw the ball against the wall and catch. How many can you catch before dropping the ball? Make it harder: throw the ball, clap your hands then catch. Throw the ball clap hands twice then catch...

2 **Spell it out:** Make different letter shapes with your body. Start by making the letter shapes using your head, then your arm ending with using your whole body. Think of a book character. Now make each letter in the name with your body. Can someone guess who your character is?

3. **On target:** Use a plastic basket or empty box as a target and 5 beanbags or rolled up bibs. Take 6 steps back and using an underarm throw how many can you successfully land in the target? Make it harder: raise the target off the ground onto a chair or increase the distance between you and the target. Remember to throw using both your left and right hand!

4. **Keep it up:** You will need a balloon, a soft ball or a rolled up bib. Sit on your bottom and try to keep the balloon up in the air using different body parts. You can move around on your bottom but you cannot stand up.

5. **Scavenger hunt:** You will need a VERY small box, (matchbox size or similar). How many different objects can you find around your space to put inside your box? Challenge your friends. Who can find the most?

6. **Jump your height:** Place a marker on the floor, lie down next to it with your head touching it and place a second marker by your feet. Stand at one marker and with a 2 foot to 2 foot jump how many jumps does it take to jump your height? Make it harder: hop your height.

7. **Want to do more?** Try an online active challenge from [Youth Sport Trust 60 second challenges](#).



Tweet us @LeedsActiveSchs to share your attempts!