



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 twist:** Ask a grown up to find a wall that you can throw a ball at safely. Using an underarm throw, throw the ball against the wall, spin around and catch after one bounce. Make it easier by using a bigger ball or a balloon. Make it harder by catching the ball before it bounces!
- 2 **Wall sit:** A test of endurance! Stand with your back against a wall. Bend your knees and lower yourself into a sitting position so that your legs are at a right angle to the floor. How long can you hold this position for?
3. **On target muscle memory:** Place a flat target on the floor, a scarf or piece of paper will work fine. Take 5 steps back from the target and with a ball or a pair of rolled up socks, aim and throw underarm to land on the target. Now try the same activity with your eyes closed. Were you as accurate?
4. **A test of balance:** Balance on your right leg for 1 minute, then swap to your left leg for 1 minute. Challenge yourself to bend the knee of your balancing leg and touch the floor and then straighten the knee to come up again. How many touch and ups can you do without overbalancing?
5. **Senses scavenger hunt:** Choose a starting point to return all items, collecting one at a time. This a senses hunt – 2 minutes for each category. Collect items that are **a.** soft **b.** cold **c.** smooth **d.** smell good **e.** rough. Put 1 of your items in a bag, can a partner guess what it is by touch alone?
6. **Max jump:** Place a marker by the side of your feet. With both feet together, bend your knees and jump forward. Place a marker where you land, try again to try and beat your distance.
7. **Want to do more:** Try an online active challenge such as [Youth Sport Trust 60 second challenges](#).



Tweet us @LeedsActiveSchs to share your attempts!