



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. **Bullseye:** Make a 3-zone target using 3 different sized flat objects. Maybe start with a t-shirt, lay a folded piece of newspaper on top, then a smaller book on top of that. Each zone scores different points. 20 for the bulls eye, 10 for the middle zone and 5 for the outer zone. Use rolled up socks or a soft ball. With 5 underarm throws how many points can you score?
- 2 **Object control:** Mark out two lines on the floor around 5-6 steps apart. Place a soft toy or teddy bear on one line. Without using your hands, how many different ways can you transport the teddy between the 2 lines without it touching the floor? Then, using your most efficient method, how many times can you cross the line in one minute?
3. **Rally:** Play with a partner. Use a crumpled paper ball or a balloon. With the palm of your hand or a book as a bat, how long can you keep a rally going between you? Make it harder: play against each other to score points.
4. **Balance:** Starting with the number 1, try and balance on just 1 body part. Hold the balance still for 5 seconds then move onto number 2, thinking of a balance with just 2 body parts touching the floor. Then try 3, 4, 5 and so on.
5. **Scavenger hunt:** Choose a starting point and return all items to this point, quickly collecting one at a time. Opposites attract – find something hard and something soft, something long and something short, something smooth, something rough, something old, something new. Tell a family member about your choices.
6. **Dribble it:** Place 5 or more markers spaced out in a line in front of you. Dribble a ball or scrunched up piece of paper through the markers using both feet and back to the start. Make it harder: move the markers further out to the sides to travel further or use a smaller ball.
7. **Want to do more?** Try an online active challenge from [Youth Sport Trust 60 second challenges](#).



Tweet us @LeedsActiveSchs to share your attempts!