



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. **Compass points:** Place 4 targets on the floor (e.g. pages of newspaper) to mark North, South, East and West. Standing facing north with a supply of balls or rolled up socks can you land a ball on each target without moving your feet? Twist to the left and right. How will you aim for the target behind you? Explore different options. Make it harder: move the targets further away from you or make the targets smaller.

2 **Rebound:** Throw and catch a ball off a wall. Catch with 2 hands then catch with one hand. Can you do it with two balls at the same time?

3. **Hot lava:** Get from one side of the garden/room without touching the floor using only 2 pieces of newspaper or 2 cushions as stepping stones. Time yourself crossing the space. If you step outside of the 2 safe stepping stones, start back at the beginning again.

4. **Balance challenge:** See how long you can balance a ball on different parts of your body - foot, arm, back of hand, thigh and finger tips. Predict which body part will allow you to balance the ball for longest – were you correct? Why do you think that body part was best?

5. **Scavenger hunt:** Choose a starting point and return all items to this point, quickly collecting one at a time. How does it move? Find something that you can **twist**, something that can **roll**, something that **bounces** and something that **slides**. Show a family member and challenge them to find another object that can move in the same way as each of yours.

6. **Around the world:** Sit cross legged on the floor. Slide a pair of socks around your body on the floor to make a full circle. Can you complete 20 circles without stopping? How many circles can you do in 1 minute?

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



Tweet us @LeedsActiveSchs to share your attempts!