



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. **60 second challenge:** Complete a 60 second challenge. How many star jumps, squats, mountain climbers, hops, skips or bounce side to side over a marker can you do in 60 seconds? Challenge yourself to beat your first score!
- 2 **Keep it up:** Use a crumpled paper ball or a small ball then use the palm of your hand to hit it into the air. See how many hits you can do in a row. Make it harder: use both hands, alternating each hit. How many can you do in a row?
3. **Ad break:** When watching the television, every time the adverts come on ask an adult to name a colour and you have to find as many items around the house of that colour before the adverts finish. Try a different colour in each ad break of your favourite TV show.
4. **A test of balance:** Using non-breakable objects from around the house (check with an adult), how many can you stack on top of each other before they collapse? Who can build the biggest stack? Think carefully about what you place on the ground first!
5. **Scavenger hunt:** Choose a starting point and return all items to this point, quickly collecting one at a time. Find books with an animal character, non-fiction books, books written by a female author, books that make you laugh etc. After 10 minutes of collecting, why not sit somewhere comfy and read one!
6. **Boule:** Begin the game by throwing a target into any open space, this is the boule. To win you must throw your socks closest to the target. Each player takes it in turns to throw their socks/ball at the target taking 3 turns. To make it easier, have the target closer, to make it harder move the target further away.
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!