



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 Target practice: Cut out 5 pieces of paper and colour them in different colours. Ask a grown up to stick them to the wall at various heights. Get a small soft ball, or balled up socks, then challenge yourself to hit each target throwing first with one hand, then with the other. Make it easier: stand closer to the wall. Make it harder: stand further away from the wall.

2 Teamwork - keep it up: Use a crumpled paper ball or a small ball use your hand to bat it to a partner, working together to keep it in the air. You decide: Do you have to take turns? Can other body parts be used to strike the ball? Can the ball bounce between strikes?

3. Round the world: Pass a ball or rolled up pair of socks around your waist from one hand to the other. How many times can you pass the ball round in 30 seconds? How many times in one minute? Try passing the ball in the opposite direction, does it make a difference?

4. Balance it: Balance a small ball or scrunched up piece of paper on a book and walk around your house with it. How far can you get without it falling off? Can you sit down and get back up again without the ball rolling off?

5. Scavenger hunt: Choose a starting point and return all items to this point, collecting one at a time. Maths challenge: find 2 objects that are shorter than your thumb, 2 objects that when laid end to end measure approximately 1 meter, 2 objects with 2 lines of symmetry, 2 objects that are cubes and 2 objects that weigh less than an apple.

6. On Target: Make a skittle target using empty plastic bottles or lego figures. Arrange them any way you like. Stick numbers from 1-10 on the targets. Take 3 steps back from the target and with a ball, or a pair of rolled up socks, aim and throw underarm to knock them down. Add up the totals of the targets that have been knocked down for your score. Make it harder by taking further steps backwards.

7. Want to do more: Try an online active challenge such as [cosmic kids yoga](#)



Tweet us @LeedsActiveSchs to share your attempts!