



## 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 **Egg and spoon.** Using a wooden spoon and a rolled-up pair of socks or small ball, set a distance or set up an obstacle course that incorporates things you can travel over and under e.g. chairs. Keep the socks/ball balanced on the spoon as you go. How far do you get? Try holding the spoon in your other hand!

2 **Teamwork - rally up:** Holding a tea towel or long sock between 2 people, keep a ball moving over the sock allowing a bounce before hand batting it back over. The aim is to work together to keep the rally going. How many can you do in a row?

3. **Let's twist:** Place ten objects in a pile on one side of your body. Sit down and raise your feet off the floor engaging your tummy muscles. In this hold, reach to the side and with both hands move items one by one to the other side of your body. How many of the ten can you manage before you have to put your feet down or touch the floor with your hand?

4. **Balance it:** Stand on one leg. Ask a friend to pass you objects of different shapes and sizes, one at a time, to hold. How many objects will you manage? Try balancing on the other leg, does it make a difference?

5. **Scavenger hunt:** Choose a starting point and return all items to this point, collecting one at a time. Maths shape challenge: find 2 objects that are spherical, 2 objects that are cuboids, 2 objects that are cubes. Then choose 1 room or area in the home to investigate, what 3D shape is most prevalent in that room?

6. **On Target:** Play with a partner. Place different objects that can be thrown safely in spaces on the floor. Place a basket or target piece of paper in the centre of the playing area. Take turns to stand next to an object, pick it up and throw. If it lands in or on the target you keep it. If it misses return it to a space and either try again or move to another object.

7. **Want to do more:** Try an online active challenge such as [Disney dance-along](#).



Tweet us @LeedsActiveSchs to share your attempts!