

Sport/Active Challenges

Practice 'Keepy-Ups' Try the #stayathomechallenge and see how many toilet roll keepy ups you can get.	Popcorn Pushups Put a small bowl of popcorn (or other sweets) on the floor. Lower yourself down and stick out your tongue to get a piece of popcorn with each pushup.	Mini Circuits (x3) <ul style="list-style-type: none"> • 10 star jumps • Jog on the spot for 30 seconds • 10 frog jumps • High knees for 30 seconds • 10 squats 	One arm catch Stand against a wall with a tennis ball. How many times can you throw the ball against the wall and catch it again in one minute?	Tape Lines Make 5 – 10 separate lines of tape about a foot apart. Practice the stand and jump, long jump or even challenge yourself with a backwards stand and jump!
GoNoodle (YouTube or GoNoodle Website)	Simon Says Play this one with your family. Can you beat your parents?	Traffic Lights (Red – Stop, Orange – Jog, Green – Sprint)	Skiping How many can you get in a row? Can you do it on only one leg?	Body Coach for Kids Join in with a Body Coach live YouTube workout (9am every day)
Just Dance Can you learn every move to a song of your choice on Just Dance (YouTube)	Tennis Taps Use a racket or tennis table bat to perform as many tap ups you can do in 1 minute.	Hallway Bowling Fill up water bottles and use any ball you have.	20 Minute Walk Walk around your garden/ around your area.	Yoga (Yoga for kids on YouTube)
Pushover Parents Your parents must plant their feet and you need to try and make them budge! How strong are you?!	Become a choreographer Make up a dance routine and teach it to someone in your family	Hula Hoop Marathon See who can last the longest in your house – variations could include around the waist, arm or leg.	Obstacle Course Create an obstacle course in your garden and time your family to see who is quickest!	Super Movers (BBC website) Choose one of the KS2 activities linking to Maths/English/Times Tables.