

PE Challenges to try at home

While you are spending time away from school, it is really important to keep your body and mind healthy. During term time, Achieve4All will be setting PE challenges for you to try. Some challenges will be about getting your body moving, others could focus on co-ordination, agility, balance or any other area of PE and physical activity. Please try a challenge each day and invite anybody in your household to try them with you!

What to remember when completing the challenges

- Check with your grown-ups before you start.
- Invite others in your house to join you!
- Make sure you have enough space, so you don't knock anything over or hurt yourself.
- If you don't have the equipment listed, improvise! E.g. don't have a ball? Try a teddy bear or some balled up socks!
- Have fun!

How to stay healthy while away from school

- Keep your body moving
- Eat a balanced diet, with lots of fruit and vegetables
- Drink lots of water
- Get enough sleep
- Take some time to be calm
- Keep your brain working
- Get some fresh air (even it's just opening the windows!)
- Wash your hands often
- Talk to people
- Try our challenges!

Challenge One

Today, we would love for you to get your heart racing with a mini workout.

What you need:

- Dice/cards or some other way to randomly choose a number

What to do:

Use dice or cards to choose a number. Then try the exercise with the matching number from the list below. You can try the exercise for between 30 seconds and 1 minute.

Repeat 5 – 10 times

Exercises:

- 1) Squats – stand with your feet shoulder width apart. Turn your feet out slightly. Slowly lower your body until your bottom is in line with your knees. Pause and return to the start. Repeat.
- 2) Star Jumps – stand with your feet together and arms by your side. Jump your feet to about shoulder width apart and lift your arms, making a star shape. Jump back to feet together and arms by your side. Repeat.
- 3) Plank to Press – start in a plank position, with your feet elbows/forearms on the ground and body straight. One at a time, straighten your arms so that you are on your hands in the press-up position. One at a time, bend your arms to return to start position. (Hint, to make it easier, move feet further apart)
- 4) Bicycle – start laying on your back. Lift your legs in the air, with a right angle at the hips and knees. Slowly move your feet in circles like you are riding a bike.
- 5) Kneel to Stand – start kneeling on the floor with your body straight up. One leg at a time, stand up tall. Then one leg at a time, return to kneeling. Repeat.
- 6) Bottom Kicks – run on the spot, trying to kick your heels to your bottom.

Challenge Two

Today, we want you to get creative!

What you need:

- A broom (or another type of pole)

What to do:

Place the broom on the floor. Your challenge is to come up with as many ways to get from one side of the broom to the other. Think about all the ways that you can position your body and shift your weight.

Here are some ideas to get you started:

- Start with both feet on one side facing the broom. Two-footed jump forwards to the other side.
 - What other directions can you jump in? Backwards, sideways?
 - What body parts can touch the ground while you move? One foot, hands, knees?
 - What direction is your body facing? Forwards, up to the sky?
 - Do you need to have the same body parts on each side? Could you put hands on one side and feet on the other?

Challenge Three

Today, we would like you to practice your throwing.

What you will need:

- Some balls/beanbags (or socks, teddies, anything that won't break – not eggs!)
- A bucket (or a saucepan, a cushion, lay a t-shirt on the floor)

What to do:

Set up your target (away from anything breakable!). Take a step back, use an underarm throw to get your object into/onto the target. If you get it in, take a step back and try again.

How can you make it harder?

- Stand on one leg when throwing (make sure to try both legs)
- Try throwing different objects (is it easier with a bigger or smaller object?)
- Swap hands
- Make your target smaller

Challenge Four

Today, we're focusing on agility – moving quickly in different directions.

What you need:

- 4 objects (4 coloured pencils or teddies, anything that can be named quickly)

What to do:

Stand in the middle of the area. Place one object in each direction (between one and 3 big steps away from you).

Ask somebody to be your caller. When they shout an object (or colour of the pencil, etc.) touch that object. Try and face the same way each time, for example, keep facing the window. Then you can use your side-steps and backwards moving, as well.

Each time get back to the middle before you touch the next object called. Finding it easy? Ask the caller to speed up or move the object further away.

Challenge Five

Today's challenge is all about balance.

What you need:

- Some markers (coins, pegs, anything that can be put on the floor)

What to do:

Starting in the middle of the area, stand on your right leg. Reach your left leg out as far as you can in front of you and tap your foot on the ground. Ask somebody to put a marker down where you tap. Then, without putting your foot down, repeat on your left, behind you, and your right, marking each one.

Try again, this time stand on your left foot and reach out your right. Can you stretch further?