



Half Term - Get Active Week

As it is half term this week, we decided instead of the usual weekly tasks we set, we would set you a daily **GET ACTIVE** challenge. Each class teacher has thought of an exciting challenge for you to complete with your siblings, parents, or practise on your own!

Make sure you take lots of pictures of your completed challenges and let us know your scores via the home learning email. You could even create your own challenges and send us the rules for us to try ourselves.

Challenge 1

Create Your Own Sports Day

Have fun with your family by creating a sports day in your garden or home using household items.

1. Invite all the members of your household to take part. You could make them an invitation.
2. Plan The races you will be doing, making sure you remember the equipment needed. Here are some ideas:

Egg and Spoon Race (All you need is a hardboiled egg or a small potato and a spoon for everyone in the race), sack race (Find some big bags for life / carrier bags for the children or old pillowcases), or three-Legged Race (Use old scarves to tie your legs together).

2. Create a scoreboard for all your races.
4. Organise healthy snacks and drinks for the end of the sports day.
5. Reward your winners by making medals or trophies or have a bag of treats.

Challenge 2

Create an Obstacle Course

Use objects from around your house or garden to create the perfect course to race your family (you could create two courses to race or simply time one another). Jump over household items, crawl under duvets, use bags of rice as beanbags to balance on your head, create hoops on the floor with string or tape...the possibilities are endless if you use your imagination!

KS2 Challenge: Try including these 4 skill areas in your course: agility, balance, speed and coordination.

Challenge 3

Indoor Activity Stations

Make six activity signs such as 20 star-jumps, the plank, 20 step ups, jog on the spot for 30 seconds etc. Place these around the room. Number each activity 1 to 6. Roll a dice (you could make a giant one) and race to that activity and complete the activity for 30 seconds. You can complete against each other, take it in turns or work out on your own.

Challenge 4

Balloon Volleyball

Make a net by tying a piece of string from one chair to another. Then blow up a balloon and start practising those serving skills! Change things up a bit by kicking or head-bumping the balloon. Play whilst sitting or kneeling to make it even more challenging!

Challenge: Each time you let the balloon hit the floor lose each arm, then each leg, then move to kneeling, sitting then laying on your tummy - who can stay upright the longest?

Challenge 5

Beanbag Bowling

Set up lightweight pins made from empty 2-litre pop bottles, light empty tins, or empty paper towel rolls that are filled with a small bag of sand to weight them down and keep the "pins" upright. You can make your own bean bags to use to practise your throwing and accuracy.

Once you've mastered the beanbag throw try bowling with a cabbage (or any spherical fruit or veg) or ball. Assign points to each pin and add up your score.

Challenge 6

Giant Noughts and Crosses

Equipment: 9 hula-hoops (or circles/squares drawn with chalk/string), and at least 6 balls or small household items e.g. teddies or rolled up socks.

1. Set up your noughts and crosses grid (somewhere children have a good distance to run to).
2. The first player picks up one of their items and runs to place the object in one of the 9 grid spaces/hula hoops. Then it is the second player's go to get one of their items and place it in a position to try and block the other team from winning.
3. The winner is the one to get three in a row first.

Challenge: Instead of running, skip, hop, run, gallop, crawl, or do some other type of movement. Or eliminate running to the hoop altogether and throw the items into the spaces. You could even go HUGE and create an even bigger grid and try get 4 in a row!

Challenge 7

Snowball Fight!

With your parent or sibling, scrunch up some old paper to make 10 'snowballs'. Create a divide line using a something in your house (e.g. skipping rope). Start with 5 balls each. Time 1 minute. Try and throw the balls into your opponent's half. The winner is the person with the least snowballs on their half after 1 minute. Repeat the game!

