

Physical Activity Challenges.

Strike Lane Primary School.

Week One!

Let's
Keep
Active!



To ensure we all stay active during this period of Lockdown, we have decided to set some Physical Activity Challenge that you can complete at home, or at school. The idea is that you complete a range of activities and keeps a record of the points you collect over the next few weeks. There is a suggested Activity Tracking Sheet on the next page but if you don't have access to a printer, you could easily create your own 😊

Some of the challenges ask that you use specific equipment such as balloons and beanbag but if you don't have these available, we are more than happy for you to substitute these for other alternatives.

We will be sending out five challenges a week for the next few weeks. They will be sent via your class Showbie account and published on the school website so keep a look out and, have fun!

Tick the boxes
when you
achieve Gold,
Silver and
Bronze?































60 Second Challenge

Activity Tracking Sheet

Can you keep
working hard
to achieve
Gold, Silver
and Bronze?

Name: _____

Activities Completed:

60 Second Challenge

Air Balloon

Can you keep trying even if you lose a life?

The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

#StayHomeStayActive



Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

Achieve Gold

Lose 0 lives



Achieve Silver

Lose 1 life



Achieve Bronze

Lose 2 lives





Around the World 60 Second Challenge



Do you believe
in yourself
and keep
trying even if
you drop the
ball?

How many times can
you pass the ball around
your waist in 60 seconds?



If you drop the ball you need
to pick it up quickly and carry
on!



Use a ball
If you do not
have a ball,
use a cuddly toy
or a rolled up
pair of socks!

Move the ball
around your waist
in both directions
for 30 seconds to
make it harder.



**Compete against
a family member!**
If you drop
your ball you
must stop!

Achieve Gold

50 times around
your waist.



Achieve Silver

40 times around
your waist.



Achieve Bronze

30 times around
your waist.





Bean Bag Throw 60 Second Challenge



Can you focus,
concentrating
on the target?

How many times can you
throw a beanbag into a
hoop in 60 seconds?



You need to collect the beanbag
and return to the throwing line
before throwing again.

A beanbag and a hoop

If you don't have a
beanbag/hoop,
use a pair of socks
and a washing
basket instead!

Each time
you successfully
land five beanbags
inside the
hoop in a row,
add an extra five
seconds onto
your time!

Play with a partner!

Take turns to throw
and collect the
beanbag. How
many points can
you score as a
team?



Achieve Gold

25 throws



Achieve Silver

20 throws



Achieve Bronze

15 throws





Bunny Jumps 60 Second Challenge



Can you keep trying even if you start to feel tired?

How many bunny jumps over a bench or stool can you complete in 60 seconds?



Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



Use a bench or a stool

Make sure that the object you are jumping over is fixed to the floor.

To make it easier place two hands on the floor and jump side to side over a line.



Challenge other family members.

Who is the record holder in your family?

Achieve Gold

80 bunny jumps



Achieve Silver

60 bunny jumps



Achieve Bronze

40 bunny jumps





Burpees 60 Second Challenge



Can you keep trying even if you feel that you want to stop and give up?

How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.



No equipment is required.

Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions.

Achieve Platinum!

To achieve platinum can you perform 40 burpees in 60 seconds?



Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees





Congratulations!

**Well done! You've
completed week one.**

Let you class teacher know how you did. Did you achieve
Silver or Gold?