

Health and Safety

To prevent injuries make sure the floor is clear, dry, and any obstacles that could cause harm are removed.

To maintain safety we advise

- People taking part warm up sufficiently before partaking in any of the challenges

- a responsible adult is present to ensure the challenges are completed safely.
- People taking part wear appropriate clothing
- People taking part wear suitable footwear

Day	Monday	Tuesday	Wednesday	Thursday	Friday
School Challenge At break time or lunchtime come and try our active challenge	Jumping challenge	Catching and throwing challenge	Agility challenge	Running challenge	The all together challenge
Home Active Challenge	Star Jump challenge - how many star jumps can you do in a set amount of time?	Throw and Catch Challenge How many throws and catches can you do?	Agility Challenge How many points can you get?	Running Challenge	The all together challenge
Information and set up	Start with legs together and arms by your side then jump so both legs and arms go out sideways (making the shape of a star) before jumping back to your starting shape again.	Using a ball (any size you are comfortable with) can you throw and catch the ball. If on your own can you toss the ball upwards and catch before it hits the ground - include challenges such as clapping whilst the ball is in the air. If you have access to a wall, you can throw and catch off a wall. Or ask a partner to throw and catch with yourself. Each throw and catch counts as 1, Make it harder by increasing the distance or using alternative hands.	Using three points (set out by cones or another suitable object) in the shape of a triangle 5 yards apart, number each point from 1-3. Stand at the centre of the triangle and ask a partner to call out a number, as quick as you can, can you touch that object and return back to the centre of the triangle. When you are back in the centre your partner needs to call out another number.	Set out two points 10 yards apart. Starting at one point run to the opposite point and then back to the start (a shuttle run). If you do not have space for this challenge then try the running on the spot challenge. Set yourself 3 speeds—ask a partner to call out different speeds. Can you keep it up for the whole time?	Split the time into 4 parts (for example 60 seconds will be split into 4 x 15 seconds). Revisit each previous challenge starting with star jumps (15 seconds), throw and catch (15 seconds), agility (15 seconds) and running (15 seconds).
Timings:	<p>These timings are just guidelines for each round. Please adjust them to suit you. Each challenge can be repeated but make sure you have rest time in between each round.</p> <p><u>Guideline for timings</u></p> <p>Children aged 5, 6 and 7 years old each challenge should be between 30-45 seconds.</p> <p>Children aged 8 & 9 years old each challenge should last between 45 and 60 seconds.</p> <p>Children aged between 10 & 11 years should last between 60 and 90 seconds</p>				