

Challenge 1 – Multi -skills

Feed the crocodile

- You will need rolled up socks, something as a target – washing basket, sandwich box or even a piece of paper (you could draw a crocodile on it)
- Try and get the rolled sock to land on/in the target by dropping it from above head height.
- Stand away from the crocodile and start with the rolled sock above your head.
- Take aim and drop!

Easier way: Stand closer and make the crocodile (target) bigger.

Harder way: Move further away and around the crocodile. Use your other hand.

Challenge 2 – Fitness

Animal Fun

- Do each exercise for 30 seconds and then rest for two minutes. Repeat.

Frog jumps –squat down with hands between your feet and jump up high – just like a frog.

Kangaroo jumps – start with your feet together and jump high like a kangaroo. Keep your arms tucked in.

Snake drop – start in the plank position (bit like a press up position) Hold still for 10 seconds, then lower yourself to floor – lie flat and still for 10 and then push back up. Repeat.

Monkey swing – start with your feet together. Leap to the one side then return to your start position. Leap to the other side and return. Use your arms – swing them out and back.

Leopard sprint – run on the spot as fast as you can. Remember leopards are the fastest runners –can you go as fast as a leopard? Repeat and have fun!

Easier way: Have a 30 second rest in between each exercise

Harder way: Do each exercise for a minute with less rest in the middle.

Challenge 3 – Mindfulness

Animal Yoga

Calming, simple yoga poses linked to different animals. Hold each pose for a few seconds. Breathe deeply and relax.



Easier way: Choose four of the easier poses – cat, butterfly, elephant and frog.

Harder way: Hold the poses for longer. Move smoothly from one pose into the other – link them together. Create a cycle/sequence

Challenge 4 – Dance

Pirate Party

- Play your favourite song and keep moving and follow these commands:

Climb the ladder – on the spot, high knees and reach above your head with your arms

Scrub the deck – crouch down low and use both arms to pretend to scrub the floor

Overboard –start on the spot and jump to the side. Repeat to the other side

Captains coming – Jump to attention forwards, side, back and side (so you are jumping in a small circle)



Challenge 5 – Personal Best

Bounce the ball

- You need a small ball.
- The aim is to see how many times you can bounce the ball and catch it, in 1 minute.
- You can use one or two hands to catch the ball.
- The ball can bounce once or twice – you decide.
- Have a few practice goes and then time yourself doing the challenge. Repeat the activity and try and beat your best.

Easier way: Let the ball bounce two or even three times. Use a bigger ball.

Harder way: Let the ball bounce once. Use one hand. Try with your other hand.

Challenge 6 – Problem solving

Cross the swamp

- You will need two pieces of paper per player.
- Put the first piece on the floor and step onto it. The, put the other piece on the floor and step onto that one.
- Next person has their go.
- Repeat so that you travel across to the other side of the swamp.
- Try not to fall/step into the swamp.

Easier way: Keep the swamp small so you don't have to travel across too far.

Harder way: Use one piece of paper each – you can have two people on it. How fast can you get across? Time yourselves.

Challenge 7 – Gymnastics

Beautiful balance

- Make your own balances, using different body parts.
- Remember to hold each balance for 3 seconds. Keep as still and stretched as you can.
- Try using your hands, feet, knees, elbow, back and tummy.
- Can you move from one balance into the next without wobbling?

Easier way: Use bigger body parts, like your back and tummy.

Harder way: Use small body parts – hold your balances for longer (5 seconds).

Physical Activity Challenges: 4 – 7 year olds





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