



## Personal Best Challenges

Chose a challenge and see what score you get. Continue to repeat the challenge regularly over several days to try and get a higher score each time!

Shuttle Running (EYFS, Y1 or Y2) How many cone touches can you do in 1 minute, using two cones 2 metres apart?	Slalom Running (Y3 or Y4) Use 5 marker objects 50cm apart. Weave in and out of each cone and back again. How many times can you run around the end markers in 1 minute?	Dice Running (Y5 or Y6) Set out 5 markers positioned as if they were a number 5 on a dice (with the 4 outside markers 3 metres apart). Run from the inside cone, touch and outside, and back to the middle, before moving on to the next outside cone around the square. How many times can you touch the cones in 1 minute?
Skipping Challenge (All ages) Grab a skipping rope – how many skips can you do in a minute?	Tree Pose (All ages) One leg with the foot of your other leg placed against the inside of your knee. Can you balance whilst repeating your times tables?	Speed Bounce (All ages) How many times can you jump over a marker in a minute?
Bean Bag Throw (All Ages) Aiming a bean bag (or similar) into a hoop/target. Adjust the distance to make it harder!	Throw & Catch (All ages) Throw and catch with a partner. How far can you throw without dropping? Can you do it with multiple balls?	Create an obstacle course (All ages) Create your own course in the garden. Do you have things to run around, jump over, climb under, dribble a ball around.... The suggestions are endless! How quickly can you complete it?
Keepy Uppy (All ages) How many keepy-uppies can you complete in a minute, with a football, tennis racket, hockey stick, table tennis bat etc	Wall Sit (All ages) How long can you do a squat with your back against the wall?	Star Jumps (all ages) How many star jumps can you do in 1 minute?
Two handed bounce & catch (EYFS, Y1, Y2) Bounce and catch a ball in 1 minute. How many times?	Two handed catch & clap (Y3 and Y4) Throw the ball into the air, clap and catch the ball again. How many times can you do it in 1 minute?	Alternate hand throw, clap and catch (Y5 and Y6) Throw the ball into the air with 1 hand, clap and catch the ball again but with the other hand. How many times can you do it in 1 minute? Can you do a double clap? Three claps?
Sensory Coordination (All Ages) Have two buckets full of water, with balls floating in one of them. Using just feet, move the balls from one to the other. How about a range of balls? Body parts to carry them with (elbows?)? What about carrying them further?	Paper Track (All Ages) Lay out 5 sheets of paper with gaps in the middle to form a type of ladder. You cannot stand on the paper! Hop over it (left leg, then again with your right) Zigzag in and out of it Push up side walks up the ladder Push up position, lifting objects up the ladder 1 step at a time.	Fitness Box – Cardiovascular Endurance (Y5 and Y6) Running around a 5m x 5m box marked out, then action in the middle. Each level is progressive. Level 1: 1 square run, 1 jumping jack, 1 push up, 1 squat Level 2: 2 of each! Increase each time, record where you choose to stop.



### **5 Minute Move**

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c>

Short bursts of activity aimed at children

### **Supermovers**

<https://www.bbc.co.uk/teach/supermovers>

This website has loads of great movement videos linked to the children's learning. There's loads of videos that are suitable for EYFS, KS1 and KS2

### **Just Dance**

[https://www.youtube.com/results?search\\_query=just+dance+kids](https://www.youtube.com/results?search_query=just+dance+kids)

Youtube have loads of Just Dance videos from the game. Children can join in with the dancing and even the singing.

### **Cosmic Yoga**

<https://www.cosmickids.com/category/watch/>

Yoga, mindfulness and relaxation designed for children to be active and have time to think in an engaging movement story.

### **Go Noodle**

[www.gonoodle.com](http://www.gonoodle.com)

Go Noodle is great for getting the children moving, they have dances you can join in with at home and also educational games that you can play all actively. It also has an app that you can download on apple devices.

### **Change 4 Life (NHS)**

<https://www.nhs.uk/change4life/activities>

Change 4 Life is all about getting children healthy and moving. Online they have quick 10 minute activities for the children to do. They also have lists of different sports and games for children to give something new a try.