

We all know the benefits of being physically active and having a healthy diet.

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most only take around 5-30 minutes to complete, so it can fit easily into the day.





<https://www.nhs.uk/10-minute-shake-up/shake-ups#uHJwgO1eqgflszTQ.97>

Disney **Wake Up Shake Up** games. Provided by the NHS, here are lots of short games to keep children active and engaged to coincide with some of their favourite movie characters.

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

**BBC Supermovers.** Lots of active learning opportunities from Maths to English and a whole range of other subjects. A great learning resource to keep working on spellings, times tables and other areas of the curriculum, as well as getting physically active.

<https://www.gonoodle.com/>

**GoNoodle** is a favourite with lots of teachers but it does also have a good section for parents too. Numerous videos to dance along and learn to, along with some mindfulness videos to bring calm in stressful times!



<https://www.youtube.com/user/CosmicKidsYoga>

**Cosmic Kids Yoga** is amazing. It is free of charge and is a YouTube channel. Follow the link to go on numerous adventures, ranging from 5 to 30 minutes. There is something for everybody in the family, all based around easy to follow Yoga.



[https://www.youtube.com/channel/UChIjW4BWKLqpojTrS\\_tX0mg](https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg)

**Just Dance** is available on Youtube, free of charge. There are plenty of songs to choose from for the whole family; they range from easy to difficult. One to get the heart pumping and have a laugh as a family!



<https://www.youtube.com/watch?v=d3LPrhI0v-w&t=126s>

**Joe Wicks** provides us with lots of online training resources, free of charge. This link will take you to his classroom workouts which are fab and don't take up much of your time.



## **Personal Best**

Set a challenge and a time such as skipping, football keepy ups, star jumps etc and see how many you can do in that time span. Try to beat your score each day so you have a target to work towards..

## **Become The PE teacher**

Create your own challenges and lessons to develop agility, balance and coordination. Children have amazing imaginations and I know they will create some fantastic challenges to share with the family and have a go at.

# In The Garden

## **Circuit Training**

Create 5-10 exercises such as star jumps, shuttle runs and squats. Set a time of 1 minute to complete the first exercise, then move onto the second exercise and repeat. A quick way to get the heart pumping!

## **Active Play**

It sounds silly, but there are so many benefits from being outside and simply playing! It makes a nice change from being indoors.

Reception

# Challenge Card 1

## JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 10



## FRONT BRIDGE

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 10



## JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together  
Land with soft feet & bent knees



CHALLENGE

To do 10 with the correct technique



## SINGLE LEG BALANCE

Stand on 1 leg with arms out to the side  
Hold balance by keeping still



CHALLENGE

Hold for the count of 10 on each leg



## STAR JUMPS

Jump with your arms and legs out to make a star shape  
Jump back in to start position



CHALLENGE

To do 10 with the correct technique



## You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

**Challenge!**

Can you be active today? What games could you play?

Year 1

# Challenge Card 3

## STAR JUMPS

Jump with your arms and legs out to make a star shape  
Jump back in to start position

CHALLENGE

To do 14 with the correct technique



## FRONT BRIDGE

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 18



## BACK BRIDGE

Hands and feet only on the floor  
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 12



## HOPPING

Stand on 1 leg keeping your balance  
Hop up and down landing gently bending knees



CHALLENGE

To do 10 on each leg



## JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 12



## You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

**Challenge!**

Have you eaten 5 pieces of fruit and veg today?

Challenge Card 4

### STAR JUMPS

Jump with your arms and legs out to make a star shape  
Jump back in to start position

CHALLENGE

To do 16 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



### JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together  
Land with soft feet & bent knees

CHALLENGE

To do 14 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



### ARM CIRCLES

Create circles by rotating your arms  
Make sure your fingertips touch at the top

CHALLENGE

To do 10 both forwards and backwards

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



### FRONT BRIDGE

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 22

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

### BACK BRIDGE

Hands and feet only on the floor  
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 14

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



**You completed the challenge!**

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger

Challenge Card 6

### STAR JUMPS

Jump with your arms and legs out to make a star shape  
Jump back in to start position

CHALLENGE

To do 18 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### FRONT BRIDGE

Hands and feet only on the floor  
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 24

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### REVERSE GET UPS

Lie on your front with hands level with shoulders  
Push up into a front bridge bringing knees into chest  
Stand up with arms above head then return safely to the floor



CHALLENGE

To do 10 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together  
Land with soft feet & bent knees



CHALLENGE

To do 12 jumps in each direction

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 15

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**You completed the challenge!**

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

Hearing nice things about ourselves makes us feel good!  
Can you say something nice to someone today?



Year 4

# Challenge Card 7

## SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 8 on each leg



## WINDMILL

Bend forwards from the hips  
Keep arms out wide like an aeroplane & move hand to opposite ankle  
Bend knees slightly to touch ankle



CHALLENGE

To touch each ankle 8 times



## JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together  
Land with soft feet & bent knees



CHALLENGE

To do 14 both forwards and backwards



## BACK BRIDGE

Hands and feet only on the floor  
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 18



## STAR JUMP/ TOUCH FLOOR

Jump out into a star shape  
Jump back in to start position  
Bend knees into a crouch position to touch the floor

CHALLENGE

To do 12 with the correct technique



## You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

**Challenge!**

Have you eaten 5 pieces of fruit and veg today?

Challenge Card 11

### SUPERHERO BALANCE

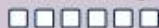
Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 12 on each leg



Open with ▾

### REVERSE GET UPS

Lie on your front with hands level with shoulders

Push up into a front bridge bringing knees into chest

Stand up with arms above head then return safely to the floor



CHALLENGE ▷

To do 14 with the correct technique



### FRONT BRIDGE ONE ARM

Hands and feet only on the floor

Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



CHALLENGE ▷

To hold for the count of 10 on each arm



### JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together

Land with soft feet & bent knees



CHALLENGE

To do 18 with the correct technique



### STAR JUMPS

Jump with your arms and legs out to make a star shape

Jump back in to start position



CHALLENGE

To do 22 with the correct technique



**You completed the challenge!**

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

**Did you know?**

Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!

# Challenge Card 12

## JOGGING

High knees and drive arms  
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 21



## BACK BRIDGE SINGLE LEG

Place 2 hands and 1 foot on the floor  
Lift up body by pushing hips to the ceiling and keep one leg outstretched



CHALLENGE

To hold for the count of 10 on each leg



## HOPPING SIDWAYS

Stand on 1 leg keep your balance  
Hop from side to side bending the knees when landing



CHALLENGE

To do 12 on each leg



## SINGLE LEG BALANCE & DIP

Stand on 1 leg with arms out to the side  
Bend standing leg and hold



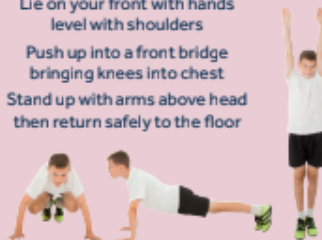
CHALLENGE

Hold at the bottom of the dip for the count of 8 on each leg



## REVERSE GET UPS

Lie on your front with hands level with shoulders  
Push up into a front bridge bringing knees into chest  
Stand up with arms above head then return safely to the floor



CHALLENGE

To do 16 with the correct technique



**You completed the challenge!**

Can you complete this 6 times in total before your next assessment?

Tick a  box each time you complete a challenge

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger