

## Challenge 1 – Strength



### Top 10 Strength Exercises

You need small weights or bottles of water.

- Have a look at the different exercises below. Choose four from each one and perform it for 30 seconds with a 1 minute rest afterwards. Repeat.



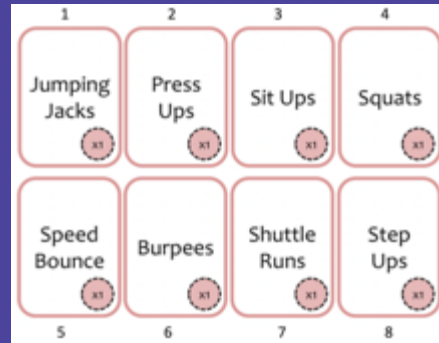
- Now choose another four and repeat each exercise for 30 seconds then rest for 1 minute.
- Can you do them all? Try doing 10 repetitions

## Challenge 2 – Fitness



### Fitness fun

- With a partner, take turns to randomly call numbers between 1 and 8. Perform the exercise that matches that number. Perform it 10 times.
- If you haven't got a partner, roll up some foil into a ball and roll it onto the cards – whichever one it lands closest to, you must do that exercise.



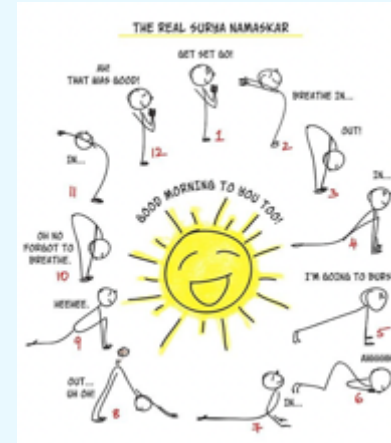
- **Challenge:** Call out two numbers and perform both exercises – one after the other.

## Challenge 3 – Mindfulness



### Good morning yoga

- Have a go at completing this Yoga cycle.
- Try and move from one pose smoothly to the next.



- **Challenge:** Add in some of your own poses too – can you make them fit into this cycle?

## Challenge 4 – Dance



### Create it!

- Use the following actions words to help you create your own dance:

Jump, Turn, Twist, Spin, Slide, Step, Pose, Freeze, Hands up/hands down, Kick, Flick, Rotate and Leap.

- Use these creative words to help you:

Low/high, Side to Side, Upper body only, Travel, Together, Apart, Alternate, Repeat, Slowly and quickly.

- Link actions together. Have fun!

## Challenge 5 – Personal Best



### On target

You will need a target – a small box, hoop, bowl or basket and a suitable throwing object like a bean bag/small ball (rolled up foil in a ball will work!)

- The aim is to see how many times you can throw your object into your target.
- Start about 2-3 metres away.
- How many can you get into the target in 1 minute?
- Now try and beat it!

### Challenges

- Use your non-dominant hand.
- Try closing your eyes.
- Move your starting line further away.

## Challenge 6 – Problem solving



### 10 commands!

- Set up a mini obstacle course with a start and an end.
- The aim of the game is for one person to be blindfolded and to successfully get from one end of the course to the other.
- The other person is only allowed to give the **10 commands/ instructions.**

### Example of commands:

Take two steps to the right

Take one step forward

Take one big step to the left

Turn a quarter way around

- Every time an obstacle is touched, you can lose a command for the next game (so you would only have 9, then 8 etc.)

**Challenge:** Time how long it takes you – can you beat it?

## Challenge 7 – Gymnastics



### Dynamic duo

- Work with a partner to copy dynamic stretches. Dynamic stretches include movement. They will improve flexibility and strength.



- Repeat and take it in turns to be the leader.

# Physical Activity Challenges: 11+ year olds





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