



# Physical Activity Challenges: 11 year olds & upwards



## Challenge 1 – Strength

### The Plank Challenge

- Can you hold a forearm plank position for 60 seconds?
- Make sure you keep your bottom down and back straight.
- Keep your forearms on the floor.

**Easier way:** Rest your knees on the ground

**Harder way:** Make it a single leg plank by taking one foot off the floor

## Challenge 2 – Fitness

### WorkOut Your Name!

- Use your body to write your name!

A - 45 sec Plank	N - 25 Squats
B - 50 Jumping Jack	O - 25 Burpees
C - 30 Squats	P - 15 Arm Circles
D - 10 Burpees	Q - 45 sec Plank
E - 1 min Wall Sit	R - 15 Push-Ups
F - 15 Push-Ups	S - 30 Burpees
G - 20 Arm Circles	T - 30 Arm Circles
H - 20 Squats	U - 40 Jumping Jacks
I - 30 Jumping Jacks	V - 3 min Wall Sit
J - 45 sec Plank	W - 20 Burpees
K - 10 Push-Ups	X - 60 Jumping Jacks
L - 2 min Wall Sit	Y - 45 sec Plank
M - 20 Burpees	Z - 20 Push-Ups

**Easier way:** Halve the time/number of reps per letter!

**Harder way:** Can you write different words?

## Challenge 3 – Mindfulness

### Mindful Breathing

- Find a quiet space to sit and make sure you have internet access.
- Either sit or lie down (get comfortable!).
- Use the following link to access a 6-minute instructed breathing meditation.
- [Mindful breathing exercise](#)

## Challenge 4 – Dance

### Just Dance!

- You will need access to the internet & a screen (phone/tv/iPad)
- Access the music track by clicking [here](#).
- Participants should mirror the dance performed by the animation on the screen.

**Easier way:** Just aim to keep moving throughout the track!

**Harder way:** Try performing more than one routine from the 'Just Dance' collection of songs on YouTube.

## Challenge 5 – Personal Best

### Burpee Challenge

- How many burpees can you complete in 60 seconds?
- Begin in a standing position
- Move into a squat position with your hands on the ground
- Kick your feet back into a plank position, while keeping your arms extended
- Immediately return your feet back to a squat
- Stand up from squat position.
- Can you beat your score?

**Easier way:** Step rather than jump the leg extensions or take them out completely

**Harder way:** Jump up from squat position.

## Challenge 6 – Problem solving

### The Alphabet Scavenger Hunt

- You will need a device to take photos. Alternatively write or draw a picture of each item instead.
- In 5 minutes, how many items can you find and take a photo of in your house that begin with as many letters of the alphabet as possible?
- You get 1 point for every letter!

**Easier way:** Remove or extend time limit. Choose fewer letters to find.

**Harder way:** Assign a different number of points for each letter.

## Challenge 7 – Gymnastics

### Spiderman against the wall!

- Perform a handstand against the wall!
- Put your hands on the floor in front of you, and one at a time put your feet on the wall.
- Walk your hands closer to the wall as you walk your feet up the wall, until your stomach is touching the wall and you are in a handstand position.
- Hold this for as long as you can before coming down.

**Easier way:** Your stomach does not have to touch the wall. Have somebody support you.

**Harder way:** Try to hold the handstand without using the wall.

## Find out more

- [60 second challenges](#)
- [Fitness circuit training](#)
- [Mindfulness activities](#)
- [Scavenger hunt](#)
- [At home gymnastics](#)





# Get Sharing with #StayInWorkOut

We would love to see you all being active! Please keep us updated with your efforts by uploading your photos and videos using **#StayInWorkOut** and tag our social media.



@WyreForestSchoolSportPartnership

@allactiveacademy



@WyreForestSSP

@all\_cic



Include your school name in your post and be in with a chance of **winning sports equipment for your school**. Each month the school with the highest number of social media posts will earn equipment for their school.



For more ideas and activities for staying active at home, please visit - [www.sportpartnershiphw.co.uk/stay-active-at-home](http://www.sportpartnershiphw.co.uk/stay-active-at-home)

Please  Follow,  Retweet and  Get involved