

Challenge 1 – Strength



Sit up test

You will need a mat, stopwatch and a partner.

- Warm up for 10 minutes.
- Then, lie on the mat with your knees bent, feet flat on the floor and your hands by your ears. Your hands must stay here throughout the test!
- Ask your partner to hold your feet on the ground.
- When your partner says “GO” and starts the stopwatch, perform a sit up (touching your knees with your elbows and then returning to the floor) Perform as many sit-ups as possible in 30 seconds.
- Record the number of correct sit-ups completed in the 30 seconds.

Easier way: Only lift your shoulders off the floor

Harder way: Perform a twisting sit up, touching opposite elbow and knee.

Challenge 2 – Fitness



Name challenge

You need a step and a stopwatch. Spell your name using the chart below:

SPELL YOUR NAME
& DO THE WORKOUT!

A: 15 PUSHUPS	N: 10 PUSHUPS
B: 50 JUMPING JACKS	O: 20 LUNGES
C: 20 CRUNCHES	P: 10 TRICEP DIPS
D: 10 BURPEES	Q: 20 JUMPING JACKS
E: 60-SECOND WALL SIT	R: 60-SECOND PLANK
F: 20 ARM CIRCLES	S: 30 BICYCLE CRUNCHES
G: 20 SQUATS	T: 60-SECOND WALL SIT
H: 30 JUMPING JACKS	U: 40 HIGH KNEES
I: 60-SECOND PLANK	V: 30 SQUATS
J: 20 MOUNTAIN CLIMBERS	W: 15 TRICEP DIPS
K: 40 CRUNCHES	X: 10 MOUNTAIN CLIMBERS
L: 12 BURPEES	Y: 12 JUMPING LUNGES
M: 15 SQUAT JUMPS	Z: 30 CRUNCHES

Challenge 3 – Mindfulness



Sudoku

- Using the numbers 1 – 6, place them in the square blocks. The same number cannot appear in the same line or column.

1			4	8	9			6
7	3							4
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
8			5	1	2			4

- Just use the numbers 1-6

			3	6		
	2					4
5					6	
		3				5
3					1	
			1	4		

Challenge 4 – Dance

Tik tok

You need a phone or iPad /tablet.

- Watch, create and share videos via Tic Tok.
- Download the app via the App Store, Google Play or Amazon App Store.



Challenge 5 – Personal Best



Skittles challenge

You will need a bag of skittles (sweets), 2 bowls, stopwatch and chopsticks/lolly sticks/opposite end of spoon/fork.

- Place all of the skittles in one bowl
- and, using only the chopsticks, you
- have 30 seconds to move as many
- as possible to the other bowl.

Easier way: Allow one hand to hold the bowls.

Harder way: Only move red skittles.

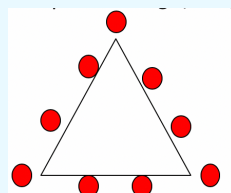
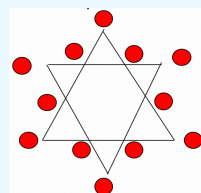
Challenge 6 – Problem solving



26 in a line!

You will need chalk if you can draw on a patio or a pen and paper if not.

- Draw 2 triangles (see diagram below).
- Using the numbers 1-12 only once, try to make each line add up to 26.
- You can only have 4 numbers on each line.
- Complete a triangle, using the numbers 1-9



Challenge 7 – Gymnastics



Dice roll

- Roll the dice.
- The number rolled indicates the parts of your body that can touch the floor at any time.
- Take a picture of the good ones!
- Make it harder by working with a partner/member of your family.



Physical Activity Challenges: 11+ year olds





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