

Event 1 – Egg & Spoon Race

You will need:

Start & finish markers. An egg, a spoon and a timer

Aim of the Event:

- Place your markers 10 metres apart
- Balancing your egg on your spoon run as fast as you can between each marker (making sure to touch each marker with your foot when you arrive at it.
- Deduct 1 point each time you drop the egg!

Primary age: 60 second time limit

Secondary age: 90 second time limit

You score 1 point each time you reach a marker!

Easier way: Reduce distance between objects, number of objects and/or time limit.



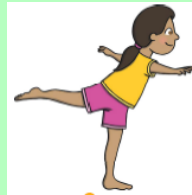
Event 2 – Balance

You will need:

A timer

Aim of the Event:

- Balancing on one leg - how long can you hold your balance for?



Your score is the time (in seconds) that you can hold the balance for!

Easier way: Balance on a different body part!

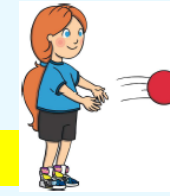
Event 3 – Ball Toss

You will need:

A ball or bean bag. A bucket or target and a timer

Aim of the Event:

- Mark your throw line 3 metres away from your target
- How many times can you throw your ball/bean bag into the bucket/target within your set time limit?



Primary age: 60 second time limit

Secondary age: 90 second time limit

You score 1 point each time you successfully hit the target!

Easier way: Bring the target closer

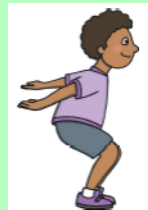
Event 4 – Standing Long Jump

You will need:

A tape measure

Aim of the Event:

- Start in the standing position in line with '0' on the tape measure
- How far can you jump? - you must start on two feet and land on two feet
- If you fall or step back on landing do not record and try again!



Your score is the distance you jump (in centimetres)!

Easier way: Take out the jump and try a step!

Event 5 – Sack Race

You will need:

Start & finish markers. A sack or pillowcase and a timer

Aim of the Event:

- Place your markers 5 metres apart
- Step both feet inside your sack/pillowcase
- Remaining in your 'sack' jump as fast as you can between each marker (making sure to be in line with each marker before returning).



You score 1 point each time you reach a marker!



Week 12 Physical Activity Challenges:





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.



@allactiveacademy

@WyreForestSchoolSportPartnership



@all_cic

@WyreForestSSP

Challenge Number & Name	1 st Attempt	Best Attempt



Complete and return this scorecard via email including child name and school to: ts165@chadsgrove.worcs.sch.uk and receive a participation e-certificate. There will be special recognition awards for the most improved.



For more ideas and activities for staying active at home- www.sportpartnershiphw.co.uk/stay-active-at-home