

## Challenge 1 – Zig Zag Run

- Set up 4 objects in a zig zag formation 1 metre apart – this is your track!
- Set the time and move through the track, turning each object over as you pass it.
- Once you get to the end (object 5), turn around and move back through the track putting the objects back the other way.



Primary age: 60 second time limit

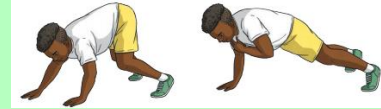
Secondary age: 90 second time limit

You score 1 point for each full set of objects you turn over!

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

## Challenge 2 – Walkouts

- Start standing tall.
- Place both hands and walk them out into a press-up position
- Tap each shoulder with the opposite hand one at a time
- Walk your hands back and stand up tall.



Primary age: 30 second time limit

Secondary age: 60 second time limit

You score 1 point for each walkout you complete

**Easier way:** Take out the shoulder taps.

## Challenge 3 – Wacky Weave

- Set out cones (or other objects i.e. tins, soft toys, etc.) to create a fun obstacle course
- Choose how you are going to travel through the course – walk, run, hop, dribble a ball, etc.
- Use a watch to time yourself complete the course.
- Keep practicing & try to beat your own time!



You score is the time (in seconds) it takes you to complete the course!

**Easier way:** Place the objects further apart.

## Challenge 4 – Agility Ladder

- Set up your own agility ladder by marking squares using tape (indoors) or chalk (outside)
- Travel up the ladder jumping into the 1<sup>st</sup> square with both feet, the 2<sup>nd</sup> square on just one foot, and so on until you reach the last square
- Run back to the start to complete 1 lap.



Primary age: 60 second time limit

Secondary age: 90 second time limit

You score 1 point for each lap completed!

**Easier way:** Create your own sequence.

## Challenge 5 – Agility Running (as part of the Worcestershire Virtual School Games)

- **Reception/Year 1 & 2 – Use only 3 markers – see diagram 1.**
- **All other age groups use 5 markers – see diagram 2.**
- Run from the centre marker and touch each numbered marker with your hand in sequence
- After touching each numbered marker you must return to the centre marker and touch it before proceeding to the next numbered marker.

Rec, Year 1 & 2: 60 second time limit with a 2m gap between markers

Year 3 & 4: 90 second time limit with a 2m gap between markers

Year 5 & 6: 120 second time limit with a 2m gap between markers

Secondary age: 120 second time limit with a 3m gap between markers

You score 4 points for every circuit you complete in your allotted time

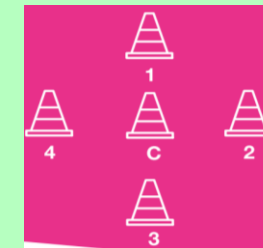
Enter your 1<sup>st</sup> attempt & best attempt score via - <https://www.activehw.co.uk/forms/view/agility-running>

**Easier way:** See document for advice on adaptations <https://www.activehw.co.uk/uploads/agility-running-challenge-adaptations-for-inclusion.pdf?v=1592229404>

Diagram 1



Diagram 2



# Week 10: Physical Activity Personal Best 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.



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@all\_cic

@WyreForestSSP

| Challenge Number & Name | 1 <sup>st</sup> Attempt | Best Attempt |
|-------------------------|-------------------------|--------------|
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Complete and return this scorecard via email including child name and school to: [ts165@chadsgrove.worcs.sch.uk](mailto: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](http://www.sportpartnershiphw.co.uk/stay-active-at-home)