

As you know, we love PE at Woodhouse! We don't think it's fair that children should miss out on the wonderful things we do just because we have to stay at home! Here a range of challenges to try out from the comfort of your own home. Please make sure you are very careful doing these challenges and even ask you parents to try them too!

Choose at least one per day to try and keep yourself active for at least 60 minutes each day.

Good luck everyone.

Here are some extra options that you could use as well as our challenges:

YOUTUBE

LITTLE SPORTS

KIDS DAILY EXERCISE – DAY 1

<https://www.youtube.com/watch?v=T8jI4RnHHf0>

FACEBOOK LIVE

TUMBLE TOTS UK

Live Daily Exercise Video at 10am

APP

GO NOODLE APP

(Games and Activities)

Balloon Ball

Inflate a balloon.

Team Challenge: Don't let the balloon touch the ground. Each player must take it in turns to touch the balloon.

Competition: Each player has an area. The aim is to make the balloon land in another players area. Score a point if you manage to do this.

EXTRA CHALLENGE

Can you keep the balloon afloat whilst blindfolded?

Wheelbarrow Race

You will need a partner.

One person places their hands on the floor, arms straight. Your partner must hold your feet so that you are in a press up position with your legs in the air.

Design a course and see how quickly you can complete the course.

EXTRA CHALLENGE

Family race. Who wins?

Try changing partners.

Bottle Bowling

Find some empty bottles, fill them to a third full with water. **MAKE SURE THE LIDS ARE SCREWED BACK ON!**

Use a ball to roll and knock down the bottles.

Who can score the most points?

Have several rounds, can you manage a strike?

EXTRA CHALLENGE

Try rolling from even further away

2 Dice Roll

Roll 2 dice, add the numbers together. Complete the challenge that you roll:

- 2 2 Star Jumps
- 3 3 Squats
- 4 4 Push Ups
- 5 5 Sit Ups
- 6 6 Large Arm Circles
- 7 7 second Plank
- 8 8 Star Jumps
- 9 9 Squats

- 10 10 Push Ups
- 11 11 Sit Ups
- 12 12 Second Plank

EXTRA CHALLENGE

Double the amount of each challenge, EG, if you roll a 10, you must do 20 Push Ups

Invasion

Each player needs an area of the floor. In their area they have 15 items (these can be anything: spoons, socks, balls, it's up to you).

Set a 5 minute timer.

The aim is to steal as many items as you can and place them in your area. You may only take one item at a time.

Whoever has the most items when the timer goes off is the winner.

EXTRA CHALLENGE

Change each player's area size to make it easier / harder.

Could you do it by hopping only?

Popcorn Push Ups

Place a bowl of popcorn on the floor.

Get into a press up position above the bowl.

For every press up, use your tongue to collect a piece of popcorn.

EXTRA CHALLENGE

You could try increasing the number of press ups before earning your popcorn

Animal Charades

Each player takes a turn to choose a charade card (*you will need to make these from the list below*). Use only your actions to try and allow others to guess what your charade is. You and the player who guesses correctly score a point if you are successful.

EXTRA CHALLENGE

Could you create your own charades?

A bear riding a bike

An octopus water skiing

A giraffe playing basketball

A pig playing hockey

A fish going to school

An elephant swimming

A cat in the bath

A flamingo playing cricket

A crocodile washing a car

A bird playing tennis

A penguin on a slide

A kangaroo boxing

A dinosaur playing hopscotch

A dog driving a car

A camel sleeping

A rabbit dancing

A snake playing football

A monkey doing gymnastics

A mouse doing long jump

An ant in the sand

Hot Potato

Use an item that you can throw safely to each other, eg, a soft ball or a pair of rolled up socks.

Set a 2 minute timer.

Throw your item to each other, whoever has the item at the end of the timer loses a life.

EXTRA CHALLENGE

You could add challenges instead of losing a life such as catch with one hand, stand on one leg.

Obstacle Course

Use whatever you can find to create an obstacle course and challenge your family to a race.

Some ideas could be:

Pillows to jump onto, Cushions to jump over, Blankets to crawl underneath, Stations of activity (Eg, press up points).

EXTRA CHALLENGE

Could you do this whilst tied to a family member? Is it possible to complete your course blindfolded? How many times can you finish your course before the Baby Shark song finishes playing?

Pirates

Clear a space and spread items all over the floor such as pillows, cushions or even T-shirts. These items are for you to jump / step on but be careful.....if you touch the floor, you have fallen in the sea!

Have one pirate who tries to capture you. Can you steal their treasure and return it to your ship before they catch you?

EXTRA CHALLENGE

Try rearranging your items on the floor to challenge yourself or make it harder for the pirate

Fill the Bucket

Place equal sized containers on a 'finish line'. Have a bottle, cup or jug of water on you start line.

Each player takes a mouthful of water from their start bottle. They must then get to their finish line container and empty the water from their mouth.

Repeat until one player has filled their finish line container.

EXTRA CHALLENGE

Add a small obstacle course along the way to negotiate with your mouthful of water.

HINT: Try not to laugh!!!

Capture the Flag

Split your family into teams.

Each player has 2 socks attached to them, such as hanging from the waistband of your trousers or pegged to your t shirt.

Each team has a 'flag' (this can be any item such as a pillow).

Each team must hide their flag.

The first team to retrieve the opponents flag and return it to their 'home' is the winner.

EXTRA CHALLENGE

Each player has 2 socks attached to them, such as hanging from the waistband of your trousers or pegged to your t shirt.

You can steal an opponents socks to eliminate them from the game

Mini Olympics

Create a series of mini challenges.

Adjust the scoring accordingly so it is fit for the whole family to play.

Have a day of challenges and declare a winner at the end.

Options for games could include:

Board games, races, rock paper scissors, thumb wars, rolled up sock basketball, penalty shoot-out...whatever you can think of!