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| **KS1** | **KS2** |
| Physical Activity: [Superhero!](https://www.youtube.com/watch?v=ZKaawxjN3yM)Physical Challenge: The participant stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to **jump** as far as possible, landing on both feet without falling backwards.You get up to five attempts. | Physical Activity: [Let’s Kid Fit Go!](https://www.youtube.com/watch?v=fomkRYcl_mo)Physical Challenge: The participant stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to **jump** as far as possible, landing on both feet without falling backwards.You get up to five attempts. |
| Physical Activity: [Let’s Kid Fit Go!](https://www.youtube.com/watch?v=fomkRYcl_mo)Physical Challenge: Balancing a book relay.Mark two bases. Starting base and the end base. Aim is to balance the book from start to end without dropping the book. If the book drops, you complete 5 star jumps/ jumping jacks then continue from where you stopped.Challenge a family member either side by side or by timing each other.  | Physical Activity: [The Body Coach!](https://www.youtube.com/watch?v=YIB2SJnBHBQ)Physical Challenge: Balancing a book relay.Mark two bases. Starting base and the end base. Aim is to balance the book from start to end without dropping the book. If the book drops, you complete 5 star jumps/ jumping jacks then continue from where you stopped.Challenge a family member either side by side or by timing each other.  |
| Physical Activity: [We’re going on a Bear Hunt: Yoga Adventure!](https://www.youtube.com/watch?v=KAT5NiWHFIU)Physical Challenge: How many ‘bop ups’ can you do on the palm of your hands, with a scrunched up paper ball? Try 10 seconds, 20 seconds. Both hands can be used.Make the ball with two A3 sheets of paper. Can recycle a newspaper and tape the ball on the outside once, so it does not open.  | Physical Activity: [Cardio Health Workout](https://www.youtube.com/watch?v=7xCAEbKDNi4)Physical Challenge: How many ‘bop ups’ can you do on the palm of your hands, with a scrunched up paper ball? Try 20 seconds, 30 seconds and 45 seconds.Make the ball with two A4 sheets of paper. Can recycle a newspaper and tape the ball on the outside once, so it does not open. To make it more challenging, create a circle boundary where the challenger must not leave in order to keep activity safe. |
| Physical Activity: [Virtual Classroom Work out!](https://www.youtube.com/watch?v=VMj2ZgQqsNA) Exercise for different parts of the body.Physical Challenge: Team Blind Fold Challenge –Parent directs you verbally and through sound.Have a laundry basket or a bowl. Parent/ sibling to move the bowl sideways to the right or left when challenger is blind folded.Then parent or sibling will clap/ ‘boing’ on the pan or stamp next to the target (bowl). Challenger to use their hearing senses to try and throw the sock ball in the target. A sound must be made before each throw, to direct the challenger towards the target. Keep distance close to begin with. Then increase distance to make it a little more challenging.Remember, be careful! Can you beat your record? | Physical Activity: [Yoga!](https://www.youtube.com/watch?v=Pr7siGyNgGI)Physical Challenge: Team Blind Fold Challenge –Parent directs you verbally and through sound.Have a laundry basket or a bowl. Parent/ sibling to move the bowl sideways to the right or left when challenger is blind folded.Then parent or sibling will clap/ ‘boing’ on the pan or stamp next to the target (bowl). Challenger to use their hearing senses to try and throw the sock ball in the target. A sound must be made before each throw, to direct the challenger towards the target. Keep distance close to begin with. Then increase distance to make it a little more challenging.Remember, be careful! Can you beat your record? |
| Physical Activity: [Friday fun!](https://www.youtube.com/watch?v=cSPmGPIyykU)Physical Challenge: How many items of clothing can put on in: 30, 40 and 60 seconds?\*You have to be clothed already and wear clothes on top of what you have.Can you beat your record? | Physical Activity: [Cardio Fitness Fun!](https://www.youtube.com/watch?v=EkuRPJ8rMZI)Physical Challenge: How many items of clothing can you put in: 60, 90 and 120 seconds?\*You have to be clothed already and wear clothes on top of what you have.Can you beat your record? |