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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? |