

There are 20 challenges. You can do as many as you wish and get people you live with to join in too! Why not just pick a few each week and try to improve your score every day? Then you can send your best results for any of the challenges each week to Mrs Shackleton on Y5Teacher@wodensfield.org. The results will be put on the school website so that everyone can see the challenge leaders every week in each year group. Good luck! Stay safe and active!

Keep it up!

Get someone to time you & see how many times you can hit a ball / ball of socks / rolled up paper in the air in 30 seconds using a racket / tray / hard book. If your ball drops, you can carry on from the number you got to.



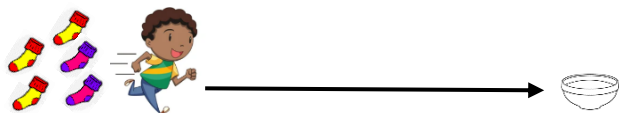
Star jumps!

Get someone to time how many star jumps you can do in 30 seconds.



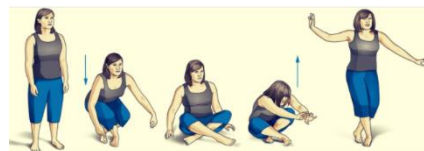
Shuttle run!

Lay 10 socks in a pile. Place a bowl / box about 3 metres away from the socks (about 3 adult strides). Get someone to time how long it takes you to run and put one sock at a time into the bowl / box.



Stand & sit!

Get someone to time how many times in 30 seconds you can go from standing to sitting down cross-legged to standing again. No cheating!



Side to side sock ball pass!

Get someone to time how many times in 30 seconds you can throw a ball / sock ball / paper ball from on hand to the other. The throw must travel up as high as your face. If you drop your ball, carry on counting from the number you got to



Sock ball target throw!

Get 5 sock balls / small balls / paper balls. Get a box / bowl. Stand behind a rolled up towel that is about 3 metres away from the box / bowl. Get someone to time how long it takes you to throw all of the balls into the box / bowl. If you miss, you must get the ball and go back behind the rolled up towel to throw again.



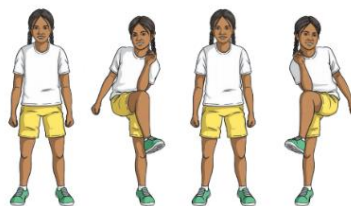
Run & punch!

Get someone to time you as you run on the spot for 30 seconds as fast as you can. Punch the air in front of you with one hand and then the other as many times as you can in the 30 seconds. (Count your punches!)



Knee to elbow!

Imagine you are marching on the spot. Lift one knee and touch it with the opposite elbow, then repeat with the other elbow touching the opposite knee. Keep going for 30 seconds and count how many touches you do.



Speed bounce!

Roll up a towel and stand on one side of the towel. Get someone to time 30 seconds and count how many times you can jump with both feet together from side to side over the towel.



Still as a statue!

Get someone to time how long you can stand in this position for. Make sure your hands are together above your head and that your lifted foot rests on the inside of the knee of the leg you are standing on. Stop timing as soon as both feet touch the floor.



Bunny hops!

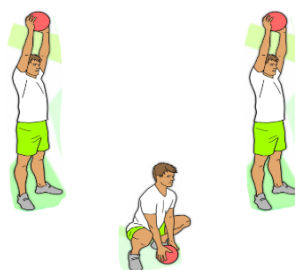
Place 2 socks about 3 metres apart (about 3 adult strides). Starting by one sock get someone to time 30 seconds. Bunny hop to the other sock and back as many times as you can in 30 seconds.



Each time you reach a sock, it counts as 1 point.

Squat & stretch!

Hold a large ball / book / rolled up towel / large cuddly toy in both hands. Stand with arms stretched up above head, then squat down to touch your ball / book / towel / toy onto floor, then stand up and stretch again.



Get someone to time you and count how many times you can squat and stretch in 30 seconds.

Burpees!

Start standing up, squat down to put hands on floor in a tuck shape, jump feet out behind you so legs are straight, then bend legs and jump feet back to tuck, then stand up and do a straight jump in air. That is one BURPEE. Get someone to time how many you can do in 30 seconds.



Step ups!

Stand in front of a step (could be the bottom step if you have stairs or a front / back door step or a step outside.) Get someone to time 30 seconds and count how many times you can go up & down the step. (Up and down = 1 step)



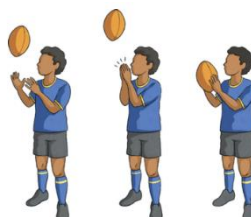
Around the world!

Get a large ball / cuddly toy / cushion. Get someone to time you and see how many times you can pass the ball / toy / cushion around your waist in 30 seconds. If you drop what you are holding, pick it up and carry on counting.



Catch & clap!

Get a small ball / cuddly toy / toilet roll. Get someone to time you and see how many times you can throw the object up as high as your face and clap once before you catch it again in 30 seconds. If you drop it, pick it up and carry on counting.



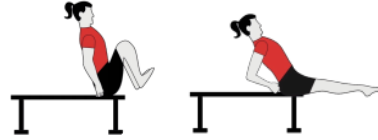
Skipping challenge!

If you have a skipping rope, get someone to time you and count how many times you can skip in 30 seconds.



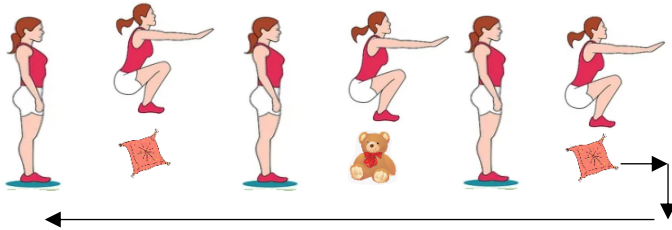
Tuck in, stretch out!

Sit on a chair with your legs bent so your knees are tucked up by your chest. Get someone to time you and see how many times you can stretch your legs out straight then bring them back in to your chest in 30 seconds. Out & in = 1 point.



Obstacle jump!

Get 3 cuddly toys / cushions / rolled up towels and place them 1 metre (1 adult stride) apart in a line. Stand behind the first object then jump with 2 feet together over each object, then run back to where you started. That counts as 1 lap. Get someone to time you and see how many laps you can do in 30 seconds.



Plank!

Get someone to time how long you can hold the plank position. No cheating!

