

# Mrs Houllan's Health Week Family Task

## P.E. Challenges



YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

# 60 Second Challenge

## Air Balloon

Can you keep trying even if you lose a life?

### The Physical Challenge

Can you keep the balloon up in the air for 60 seconds?

If the balloon touches the floor you lose a life. The more lives you lose the lower your score.

**#StayHomeStayActive**



### Equipment

A balloon

If you do not have a balloon, use scrunched up tissue paper or a bag!

#### Achieve Gold

Lose 0 lives



#### Achieve Silver

Lose 1 life



#### Achieve Bronze

Lose 2 lives



# 60 Second Challenge

## Bean Bag Throw

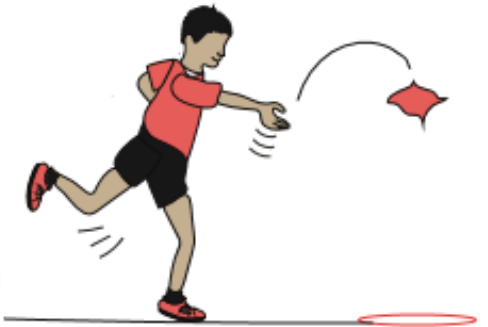
Can you focus, concentrating on the target?

### The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

**#StayHomeStayActive**



### Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

#### Achieve Gold

30 Throws



#### Achieve Silver

25 Throws



#### Achieve Bronze

20 Throws



# Bowling

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

### Top Tips

#### Rolling Underarm

Step forwards with one foot, releasing the ball along the using your opposite hand.

### Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

# Golf: Rolling

## Home Physical Education

Can you be honest and keep the score?

### How to play:

- Place 5 targets in different places on the floor (garden or in a room).
- Decide on a starting point and it mark out.
- The aim of the game is for pupils to roll a ball, making it rest against one of the targets in the least amount of rolls possible.
- The winner is the player who rests their ball against a target with the fewest rolls. Repeat with all of the different target.



Can you keep trying hard even if you miss the target?

### Top Tips

#### Roll Underarm

Step forwards with one foot, bending the knee releasing the ball along the ground using your opposite hand.

### Let's Reflect

When did you need to increase the power of your rolls?

Did you use the correct rolling technique?

# Climb the Ladder

## Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

### How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you keep trying even if you miss the target?

### Top Tips

#### Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

### Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

# 60 Second Challenge

## Fast Feet

Can you keep going even if you lose control of the ball?

### The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.

### #StayHomeStayActive



### Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

#### Achieve Gold

24 dribbles around the marker and back



#### Achieve Silver

18 dribbles around the marker and back



#### Achieve Bronze

12 dribbles around the marker and back



# 60 Second Challenge

## Obstacle Course

How will you move to make sure your jump as many as you can?

### The Physical Challenge

How many obstacles can you run around or jump over in 60 seconds?

Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



**#StayHomeStayActive**

### Equipment

Lots of objects and a enough space on the floor!

Use as many objects as you can. This game is best played outside in the garden.

**Achieve Gold**

45 points



**Achieve Silver**

30 points



**Achieve Bronze**

15 points



# 60 Second Challenge

## Socks in the Box

Do you keep trying even if you struggle to match up a pair of socks?

### The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



**#StayHomeStayActive**

### Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

**Achieve Gold**

20 pairs of socks



**Achieve Silver**

15 pairs of socks



**Achieve Bronze**

10 pairs of socks





# Standing Long Jump

## Home Physical Education

Can you focus on your technique and concentrate on your landing?

### How to play:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?



Can you keep trying even if you miss the target?

### Top Tips

#### Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

### Let's Reflect

What did you learn after each jump?

How did you keep focused?

### Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

# 60 Second Challenge

## Star Jumps

Can you maintain your technique even when you are tired?

### The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.

**#StayHomeStayActive**



### Achieve Gold

60 Star Jumps



### Achieve Silver

45 Star Jumps



### Achieve Bronze

30 Star Jumps



# 60 Second Challenge

## Step Ups

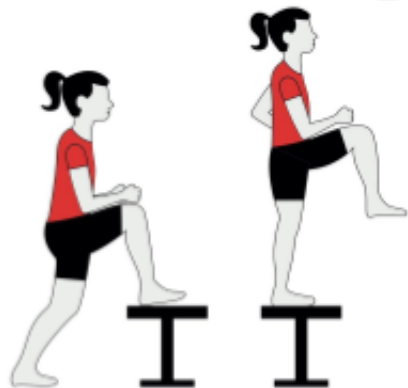
Can you focus, concentrating on the step?

### The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time. No jumping!

**#StayHomeStayActive**



### Equipment

A step

If you do not have a step us a foot pouffe or a stool.

#### Achieve Gold

70 Step Ups



#### Achieve Silver

45 Step Ups



#### Achieve Bronze

30 Step Ups



# 60 Second Challenge

## Super Slalom Run

Can you try and run as fast as possible?

### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.

**#StayHomeStayActive**



### Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs



# Wacky Races

## Home Physical Education

Can you create your own Wacky race ideas?

### How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet?  
Can you move backwards?
- What is the quickest way of moving?  
What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you challenge yourself to always try your hardest?

### Top Tips

#### Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

### Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?