



Rural Derbyshire SSP Activity Challenges

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	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity	Dance like no one is watching! Play your favourite song and practice your dance moves!	Complete one of the challenges on the link https://www.youthsporttrust.org/60-second-physical-activity-challenges	Complete the following workout: (Repeat 5 times and have 30 seconds rest between each activity) <ol style="list-style-type: none"> 30 seconds of Star Jumps 30 seconds of wall sits 30 seconds of planking 30 seconds of running on the spot 	Using a ball or teddy, see how many times you can pass the ball through your legs in a figure of 8 pattern in 60 seconds.	Complete an online boxercise workout. https://www.youtube.com/watch?v=pWLEkO0MIXs
Physical Literacy	When practising your spellings, create an active forfeit for each wrong answer.	Write a short story or poem and act it out!	When reading a book, choose a common word or piece of punctuation at the start. Every time you see your word/punctuation make a tally. At the end, count how many times it came up and be active for that length of time.	Solve our sports anagrams: <ol style="list-style-type: none"> Formation ball ace Scams tying Get win if light 	Try out one of the cross curricular challenges from the video below: https://www.youtube.com/watch?v=xYwcoNhgdk0&feature=emb_logo
Physical Numeracy	Using a racket and a ball Or frying pan and socks, try and hit the ball up as many times as possible without dropping the ball. Complete the times table of your score i.e. if you got 7, do your 7 times table.	Create a maths scavenger hunt. Start with a simple question i.e. 3 x 3. The answer is 9 – try and find 9 matching objects (Socks, spoons, teddies)	How many steps does it take to get from your bedroom to your kitchen? If there are roughly 2000 steps in a mile, how many times would you need to walk from your bedroom to the kitchen to complete a mile?	Try out one of the cross curricular challenges from the video below: https://www.youtube.com/watch?v=xYwcoNhgdk0&feature=emb_logo	Hold your left foot in your hand and balance on your right leg for as long as possible. Repeat on the other leg. Try and find your average balance time.

Creative	Make a target in a room in your house. Using a scrunched-up piece of paper, see how many throws it takes you to reach the target. Try starting from different rooms.	Create a challenge to encourage your whole family to stay active.	Draw a picture of yourself playing your favourite sport.	Create a game that improves your balance.	Try and go the whole day without saying 'yes' or 'no'. If you say either word do 10x star jumps, sit ups, push ups etc. (Can your whole family go the whole day?)
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