

# KS1 Rainbow Challenge

Can you complete the rainbow?



At a stretch

Balloon volleyball

Change it

Alphabet walk

Capture the socks

Bottle skittles

WELL DONE!





## Bottle skittles

**What you need:** Plastic bottles and a pair of socks

**People:** 1 or more

**Play:** Inside or outside



**How to play:**

- Use empty plastic bottles as skittles and set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

*Play with more people by playing against someone else and seeing how many throws it takes to knock all of the skittles over.*

## At a stretch



**What you need:** Three pieces of paper and a measuring tape (optional).

**How to play:**

- Begin standing on one piece of paper.

**Challenge:** How far away from the paper you are standing on, can you place one of the other pieces of paper?

**Rules:**

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?



**Plan, implement and reflect. You have 3 minutes to practice before you measure.**



## Alphabet walk

**Play:** Outside

**How to play:**

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', then the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'



## Change it



**What you need:** someone to time, four cushions and three socks.

**How to play:**

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?



**Make this harder by moving the cushions further apart.**



## Balloon volleyball

**What you need:** 1 balloon

**People:** 2 or more

**Play:** Inside or outside



**Ways to play:**

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.

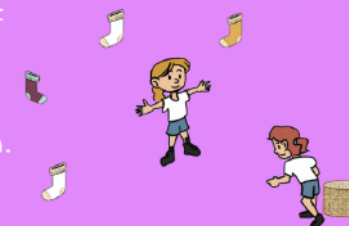
## Capture the socks



**What you need:** A basket, four pairs of rolled up socks and two players.

**How to play:**

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.



**How many socks did you get in the basket?**