How many of the following activities can you complete this week? See how many people you can encourage to take part together either within your home, outside or virtually. Throughout the week, we challenge you to connect with as many different people as possible, try as many different activities as you can and have fun setting new personal bests.

**Athletic Activities**

Speed bounce

This will certainly get your heart racing. How many times can you jump side to side in 60 seconds?

<https://www.youtube.com/watch?v=3cKdMXvBDnQ>



Right Way, Wrong Way

In 60 seconds, can you challenge someone to turn everything the right way, as you turn everything the wrong way?

<https://www.youthsporttrust.org/sites/default/files/Right%20Way%20Wrong%20Way%20The%20Race.pdf>

Quick Start

How fast can you react from different starting positions to sprint a set distance?

<https://www.youtube.com/watch?v=NuHv4wDK14c>

Nutty squirrels

As a team or individually, how many items can you collect before they are all gone?

<https://www.youtube.com/watch?v=WFaoEe9xxK8>

**Aiming Games**



 King of the Cones

Can you be the king or queen of the cones? Hit your opponent’s cone, collect it and add it to yours. Can you hit them all to win?

<https://www.youtube.com/watch?v=GXN9cYj6eX8&feature=youtu.be&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL>

 In the Box

How far away from the box can you get and still land your ball on target? Challenge yourself to improve your personal best.

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20In%20the%20Box.pdf>

 Target Games

There are lots of ideas here for you to try. So why not try them all? Decide which is your favourite, then attempt to beat your personal

<https://www.youtube.com/watch?v=8JJjNKyXsWs>

Frisbee Golf

Get creative with setting up a course around your house, either indoors or out. Decide how many shots to allow per goal and have fun.

<https://www.youtube.com/watch?v=8JJjNKyXsWs>



**Artistic Sports**



Partner Dance

Find a partner and have fun. Either copy this dance or get creative and choreograph your own.

<https://www.youtube.com/watch?v=-JhrqrD6uMg&feature=youtu.be>

KIDZBOP

Choose your favourite song, gather your backing dancers, watch the video, and recreate the dance. Could you use this as inspiration to create your own dance?

<https://www.youtube.com/channel/UCsMXYJDvYOAhpaDZ4QRuqVA>

Become A Super Mover

there are lots of ideas here for you to try. Dance with Alex Scott, Max and Harvey or The Vamps! Get the whole family involved in the dance mat fun. Follow the moves and feel the groove!

<https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr>

Cosmic Kids Yoga

Relax and practise your poses with some Yoga. Can you get your whole family involved? Could you then create your own Yoga flow?

<https://www.youtube.com/user/CosmicKidsYoga>

**Adventure Sports**

Swipe and Swap

How good are you at moving objects with different parts of your body? This is a great activity for core stability and balance. Can you challenge yourself to beat your personal best in three attempts?

<https://readysetride.co.uk/activities-prepare-swipe.php>

Horizontal Climbing

Don’t worry you don’t need to climb the side of your house for this one! Just use socks and gloves and remember to maintain three points of contact!

<https://www.youtube.com/watch?v=jSP-fWmk36A&feature=youtu.be&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL>

Orienteering Challenge

Create an orienteering treasure hunt in your own home or local surroundings. Can you make the challenge more difficult by hiding items that spell out a hidden word?

<https://twitter.com/YourSchoolGames/status/1264824870854103046>

