



LOCKDOWN ACTIVITY TIMETABLE

Make physical activity part of your school day at home.

You can take part in a challenge more than once a day.

Why not take a photo to show your Teacher.

You can find more challenges by signing up for free at www.saspchallenges.co.uk



MON

TUE

WED

THUR

FRI

11th- Use a ball or a rolled up pair of socks : 10 catches left hand 10 catches right hand 10 catches alternate hands.

12th-Speed Bounce Using a pillow. How many times can you jump over it, side to side in 20 seconds? Keep repeating until you get your best score.

13th-Create a game of skittles with objects from around the house. Use your rolled up socks for the ball.

14th-Tidy up challenge. Choose a room in the house to tidy. Can you clean and tidy everything away in 10 minutes.

15th-Can you make up a warm up? An 8 minute routine using big movements - try it to music.

18th-Go for a brisk walk - either around the house, garden or outside. Time yourself and count your steps or record your distance.

19th-Make an obstacle course around your home (think about safety). How fast can you finish. Repeat several times to get your best time.

20th-Home tennis. Grab a book, a pair of rolled up socks and a bucket. Use your book as you would a racket. How many times can you hit your socks into the bucket?

21st-It's circuit family time. Encourage as many of your family members to join you. 10 Star jumps, 10 squats, 20 seconds jogging on the spot and 10 high knees. Who can do the most?

22nd-Pick 5 fruits or vegetables. Make your body into the shape of them and hold for 10 seconds. Ask your parents if you can eat a fruit or vegetable you haven't tried before.

25th-Use mugs or cups and arrange them like a dart board. Label each mug with points. Get an item to throw such as a tea bag or screwed up paper. How many points can you score?

26th-Find a safe space and some pillows. Make a mini track using pillows as hurdles. Can you bunny hop through the track - 2 feet to 2 feet. Time yourself - repeat, can you beat it?

27th- Scorpion - mark out a course in a room. Balance socks on your back and move like a scorpion along the course. If the socks fall off, go to the start again. Time yourself to collect 10 socks.

28th-Alphabet Hunt - Have a base, find objects around your house that begin with the letters of the alphabet (A, B, C, D..) bring them back to your base. How many can you collect in 10 minutes?

29th-Cereal box challenge - how flexible are you? Stand a cereal box on the floor, can you pick it up with your teeth? Tear 2/3 cm's off each time - how low can you go?

1st Feb-Footwork Frenzy - lay out a ladder on the floor using socks, soft toys, etc. Find ways to move up the ladder. 1 foot in each rung, 2 feet in each, skip, high knees...

2nd Feb-Crab - mark out a course in a room. Balance socks on your stomach and move in a crab action along the course. If the socks fall off, go to the start again. Time yourself to collect 10 socks.

3rd Feb-Keepy ups - using a balloon or socks. Using just your hands, just your feet or any part of your body. Can you keep the balloon up. 10 minutes to get your highest score.

4th Feb-Draw 10 shapes on 20 scraps of paper. put them face down 3m away. Have a start line race to the shapes turn 2 over are they a match if no turn them back over?. keep repeating to get your 10

5th Feb-Using a skipping rope or a dressing gown belt. Skip for 10 minutes. Can you skip backwards? Can you turn and skip? Try partner skipping with a sibling or parent.

6th Feb-Dance to music. Play 3 of your favourite songs - that's 9 minutes of dancing. Can you make up a performance for your parents?

7th Feb-Find your favourite soft toy. How many body parts can you balance it on. Hold your balances for 10 seconds. Can you balance more than 1 soft toy at once?

8th Feb-Traffic lights. Look around your house for items coloured red, yellow or green. Every time you spot an object perform 5 star jumps. How many items did you find in 15 minutes.

9th Feb-You will need a dice for this activity. Roll the dice and climb that number of stairs, eg. if you roll 4 climb 4 stairs. How many stairs can you climb in 10 rolls of the dice.

10th Feb-Choose your favourite activity from the timetable. Can you beat your score from the last time?