

Haktive at Home Challenges

Week 18

"..every little bit of activity will help their well being and yours."

5. Box of tricks

Make a box of bits and bobs, e.g. balls, tins, skipping rope, string, teddies, cars, pencils, bats (if you have them, egg boxes if not).

The challenge is for them to make up a game but give them some criteria: e.g.

1. You must have to run in the game.
2. You must catch something.
3. You must jump.
4. You must keep a score.



3. Rollerball

Have 2 teams and 1 large ball. Have to roll the ball to your team members and try to get it over an end line but you cannot move with the ball.

(This helps looking for space).

If you have an odd number of players, 1 person could be on both teams.

4. Gymnastics Shapes

Try the above shapes. Hold for at least 3 seconds.

Think of interesting ways into and out of them. Can you make that shape in the air?

Try linking these balances (held for 3 seconds) into a sequence that you can practice, repeat and perform.

2. Triple Jump

It's a hop, skip and a jump. Start with 2 feet together and say about your feet, 'same, other, both'.

Use your arms to balance you.

Can have a start and end marker then try to beat it.

It will take lots of practice.

1. Blast off

Have a clear running space, with a start and end marker.

At the start, get ready, and count 5,4,3,2,1 Blast off.

On Blast off run as fast as you can to the end marker and walk back to the start to repeat

Can change the distance, time it or add things to jump over.

These bubbles have progressively harder challenges as they rise

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