30 Day Physical Activity Challenge

Day 26 – Plank Goalie

Another core strength exercise from those marvellous people at @GetSet4PE. You will need one or more partners to complete this challenge, although it could be adapted by playing opposite a wall for just one player. You will need 4 objects (such as cones or upside down cups) and a ball of some kind.

- **Place the 4 objects in a rectangle shape.**
- **Players begin between the ends of the rectangle. This is their goal.**
- **Players must hold a plank position (front support) throughout the game**
- **They score by rolling the ball through their opponent's goal**
- **Two points is awarded if their opponent drops from the plank.**



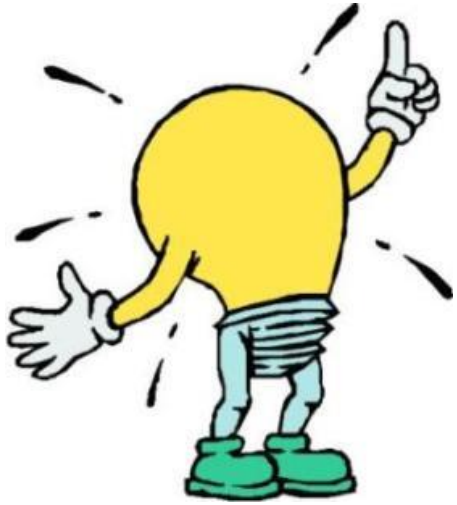
You could make up your own scoring system or have first team to 10 is the winner!

30 Day Physical Activity Challenge

Day 27 – Invent a Game

Either repeat the game from Day 16 or make up a completely new one! Roll a dice to choose a number. You can only use this number of pieces of equipment!

- **Choose your equipment. This could be sports or play equipment you have or anything else (unbreakable!) you have in your home**
- **Name the game, decide on your rules and who the game is for – a personal challenge for one or a game for more people?**
- **You could write out and display your rules**
- **Test your game to make sure it works**
- **Now teach people in your home your game and play!**
- **If a bit doesn't work, revise and change it**



Make sure your playing area is clear and free from unwanted obstacles.

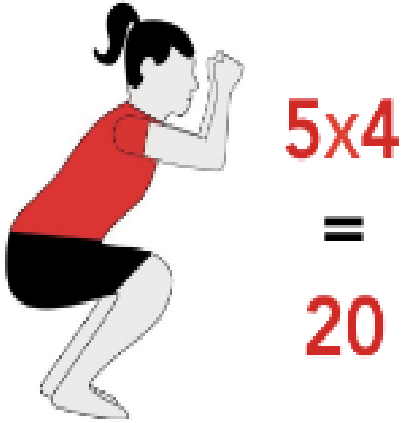
30 Day Physical Activity Challenge

Day 28 – Times Table Squats

An active way to practise your times table facts. Don't forget you can also work on the associated division facts as well! This idea has come from @YouthSportsTrust

- **Decide on a focus times table or make your selection random**
- **If you are with a partner, take it in turns to squat and shout out the multiples in order**
- **If you are working on your own, you could do all the squats!**
- **You could say your times tables backwards too or in a random order**
- **One player could squat while giving a times table question, then the other player squats with the answer**
- **You could make this more active by taking steps and then squatting along a pathway**

How many correct answers can you get in a given time period?



30 Day Physical Activity Challenge

Day 29 – Dodge Slam

Another target game, this time an adaption of a primary challenge from @YourSchoolGames. You will need a soft ball or something similar. If it bounces, it will help but the game can be adapted. You will also need some kind of wall target – this could be in chalk, tape, drawn on paper and stuck on a surface either inside or out. Remember, if you are inside, be aware of things you could knock over!



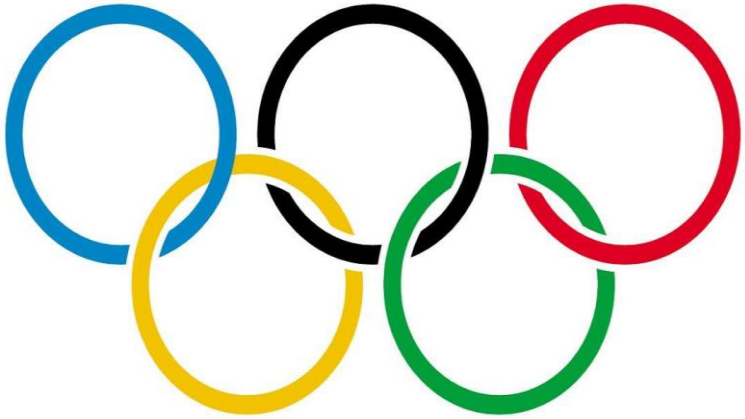
- **You could play this on your own or with a partner or partners**
- **From behind a mark about 2-3m from the target, throw the ball at the target**
- **If you hit it, you get one point**
- **If you have a partner, they either try to catch the ball or retrieve the ball**
- **If they catch it without the ball bouncing they get two points**
- **They then take their turn with the first player catching or retrieving the ball**
- **If you are working on your own, you could try to catch it on the rebound**
- **How many points could you get in a time limit?**

30 Day Physical Activity Challenge

Day 30 – Home Olympics

The Olympics might be postponed this year, but that won't stop you holding your Home Olympics!

- **Pick your favourite activities from our 30 Day Challenge**
- **Organise members of your household to take part**
- **You could have Opening and Closing ceremonies**
- **Make medals or certificates**
- **What Values could your Olympics could have?**
- **The School Games values are: Respect, Honesty, Determination, Self-Belief, Teamwork & Passion**



CONGRATULATIONS ON COMPLETING THE 30 DAY PHYSICAL ACTIVITY CHALLENGE!