

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!

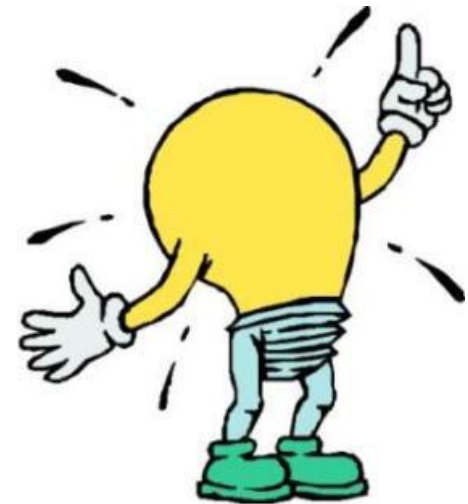
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Day 27 – Invent a Game

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.



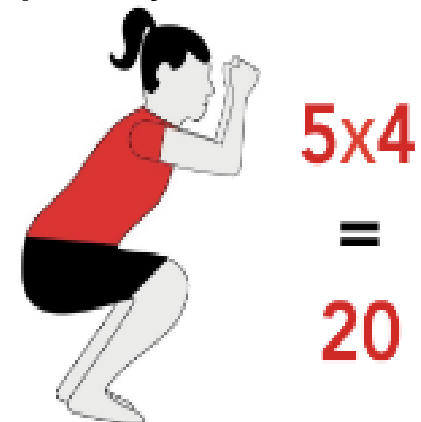
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Day 28 – Times Table Squats

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?



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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?

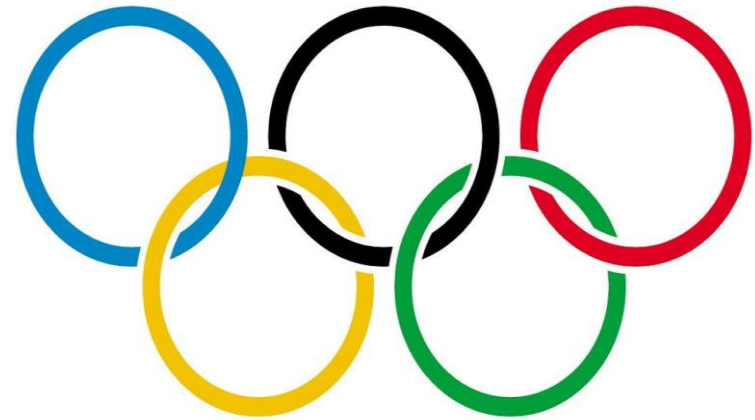


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Day 30 – Home Olympics

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!