



PE, SPORT AND PHYSICAL ACTIVITY CHALLENGES

Name:

School:

Class:



Greenacre
Sports Partnership

MISSION STATEMENT

“Greenacre Sports Partnership
aspires to develop & improve
the delivery of physical literacy,
with opportunities for all to
compete & participate in
PE & School Sport.”





Introduction

The Greenacre Sports Partnership has designed the PE, Sport and Physical Activity Challenges booklet to help improve active lifestyles.

New guidelines states; ‘All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day’ GOV.UK.

There are lots of benefits of exercise such as:

Improved concentration
Stronger bodies (builds muscles)
Increased energy levels
Burns fat
Protects your joints
Improvement of your emotional well being
Increases brain power

ACTIVE CHILDREN = STRONG STUDENTS



Do you know the difference between Physical Activity, School Sport and Physical Education? If not, then please see below some definitions from the Association for Physical Education (AFPE):

Physical Education is the planned progressive learning that takes place in school curriculum time (PE lessons) which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically able to perform skills) and 'moving to learn' (e.g. learning how to co-operate with others through movement).

Physical Activity is a broad term that describes bodily movement, posture and balance. All of these require energy. It includes all forms of physical education, sports and dance activities. In addition, it also includes indoor and outdoor play, adventurous activities and active travel (e.g. walking, cycling, rollerblading, scooting). Routine habitual activities such as walking up and down the stairs, doing the house work and gardening are all alternative ways to be physically active.

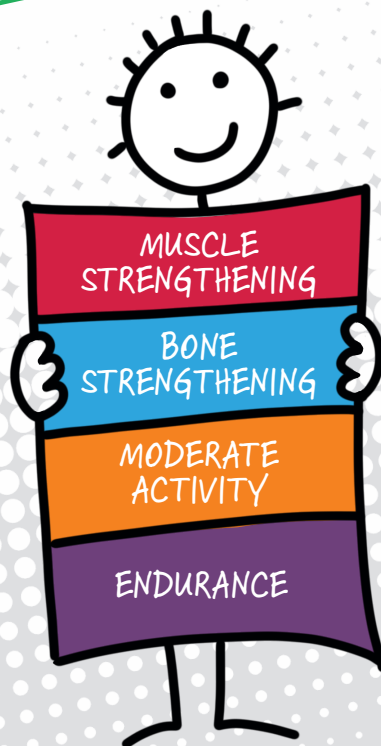
School Sport is the structured learning that takes place within a school setting, but during 'out of school hours'. School sport has the potential to develop and broaden the learning that takes place in PE lessons. It also provides a vital link with the community sport and activity.

Personal Challenge:

On the following pages we have provided you with 40 physically active challenges. Your task is to choose one activity card per week and see if you can complete it 3 times.

Good Luck!!

CHALLENGE CARDS



MUSCLE STRENGTHENING

Challenge 1: How many sit-ups can you do in one minute?



CORE
MUSCLES

Description

- Start by lying down with your back on the floor.
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish).
- Fold your arms across your chest.
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor and repeat.
- Don't forget to count how many you complete in 1 minute!

Finding it easy? Try this...

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.

Parents Signature:

Challenge 2: How many squats can you do in 30 seconds?



GLUTEAL
MUSCLES

Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

Finding it easy? Try this...

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.

Parents Signature:

MUSCLE STRENGTHENING

Challenge 3: Can you perform 10 biceps curls on each arm?



BICEPS

Description

- Stand with your feet shoulder width apart.
- Using a tin of beans/soup, bend your elbows and lift the tin up towards your shoulder.
- Your wrist should be facing upwards towards the body.
- Return your hand back down at your side.

Finding it easy? Try this..

- Have 10 seconds rest and then repeat the challenge.
- Use a heavier item to lift.

Parents Signature:

Challenge 4: Can you perform 20 arm circles forwards?



DELTOID AND
TRAPEZIUS

Description

- Start by standing up tall with your arms stretched out to the sides.
- Slowly move your hands in a circular motion going forwards first.
- Try to keep your circles small and keep your arms stretched out.
- Now complete 20 backwards circles.

Finding it easy? Try this..

- Make your circles slightly bigger and bigger as you complete the 20 arm circles.
- Hold something in your hands as you complete the circles.

Parents Signature:

MUSCLE STRENGTHENING

Challenge 5: Can you perform 20 high kickbacks?



LOWER
BACK
MUSCLES

Description

- Start on your hands and knees with a flat back.
- Slowly lift one leg up as high as you can and then slowly return it back to the start position.
- Repeat with the other leg until you have completed 20 kickbacks in total.

Finding it easy? Try this...

- Once you have rested, repeat the challenge.
- Try it from a lying down position in which you should just try raising your leg off the floor.

Parents Signature:

Challenge 6: Can you perform 20 heel raises?



CALF
MUSCLES

Description

- Start with your feet flat on the floor and stand up straight.
- Slowly raise your heels off the floor at the same time.
- Do not go right up onto the tip of your toes; just raise your heels so you are balancing on the balls of your feet.
- Lower your heels back to the ground.
- You can hold onto a chair or wall if you need help balancing.

Finding it easy? Try this...

- Raise and lower your heels one at a time rather than together.
- After resting repeat the challenge.

Parents Signature:

MUSCLE STRENGTHENING

Challenge 7: Can you climb the stairs 10 times?



QUADRICEPS

Description

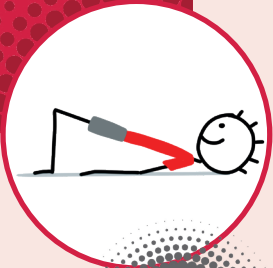
- Find a set of stairs either at school or at home. Make sure you have permission to do this challenge before you start.
- In your own time, walk up the stairs to the top and then turn around and walk back down the stairs.
- Repeat this 10 times.
- Make sure you are being careful and take your time.

Finding it easy? Try this...

- Find some longer stairs.
- After a short rest, try the challenge again.

Parents Signature:

Challenge 8: Can you complete 10 hip raises?



CORE MUSCLES

Description

- Lie on your back and lift your knees up and place your feet flat on the floor.
- Place your hands down by your sides and face your palms down to the floor.
- Gently lift your bottom off the floor and lift your belly button up towards the ceiling. Gently lower and return to the start position.
- Repeat this 10 times. Try to squeeze your bottom every time you lift up.

Finding it easy? Try this...

- After a short rest, increase the number to 15 hip raises.
- Now see how long you can hold the raised position. Perhaps have a competition with a friend/family member?

Parents Signature:

MUSCLE STRENGTHENING

Challenge 9: Can you perform the wheel barrow for 10 metres?



BICEPS
AND
TRICEPS

Description

- Measure out 10 metres or 10 large strides.
- Ask a partner to take part with you.
- One person places their hands on the floor and the other person holds onto their feet so that they have to walk on their hands to move forwards.
- See if you can complete the wheelbarrow for the whole 10 metres without falling or lowering back down.
- Don't forget to swap over so both people get chance to walk on their hands.

Finding it easy? Try this...

- Try having a race with another pair.

Parents Signature:

Challenge 10: Can you perform the crab walk for 10 seconds?



BICEPS
AND
TRICEPS

Description

- Sit down on your bottom and place your hands by your sides near your hips. Your hands should always point forwards in the direction of your feet to help protect your wrists.
- Place your feet flat on the floor.
- Lift your bottom off the floor and move your hands and feet to walk forwards.
- Can you do this for 10 seconds without sitting back down?

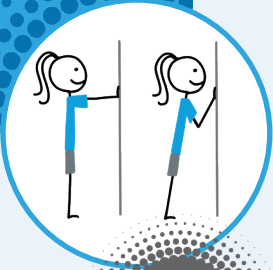
Finding it easy? Try this...

- Increase the time to 15 or 20 seconds.
- See if you can travel backwards as well as forwards.

Parents Signature:

BONE STRENGTHENING

Challenge 11: Can you do 10 Wall Press Ups?



TRICEPS
AND
BICEPS

Description

- Face a wall and stand a little further than arm's length away with your feet shoulder width apart.
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
- Slowly bend your elbows and lower your upper body towards the wall. Ensure to keep the elbows tucked in and keep your feet flat on the floor.
- Then slowly push yourself back until your arms are straight.

Finding it easy? Try this...

- Repeat the challenge.
- Move further away from the wall (still make sure you can keep your feet flat on the floor).
- Have one hand on the wall and the other behind your back.

Parents Signature:

Challenge 12: Can you do 15 Mountain Climbers?



CORE,
TRICEPS
AND
BICEPS

Description

- Start in a press up position, making sure your back is straight.
- Pull one of your knees up into your chest.
- Then quickly switch and pull up your other knee.
- Continue to switch legs at a pace that suits you.

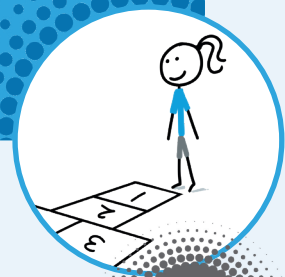
Finding it easy? Try this...

- Place a pillow on your back and see if you can complete the challenge without it falling off.
- Can you go faster?
- Can you do 20 instead of 15?

Parents Signature:

BONE STRENGTHENING

Challenge 13: Can you play Hop Scotch for 5 minutes?



QUADRICEPS
AND
HAMSTRINGS

Description

- Using chalk, draw a hopscotch design in the garden or playground.
- Hop with one foot in every square that is by its self, but when you come across 2 squares side by side you use both feet (one foot in each square). Therefore, it is a 1 foot to 2 feet sequence.
- See if you can do this continuously without stopping.

Finding it easy? Try this...

- Change the design of the hopscotch.
- Have a marker which you throw on the hopscotch, wherever it lands you have to miss that square.

Parents Signature:



Challenge 14: How many skips can you do in 1 minute?



CORE AND
CALVES
MUSCLES

Description

- Start by standing with your legs together and with the skipping rope behind you.
- Ensure your holding the skipping rope loosely.
- Swing the skipping rope up over your head.
- When the rope is near your feet jump over it.
- Continue to do this and don't forget to count how many you complete!

Finding it easy? Try this...

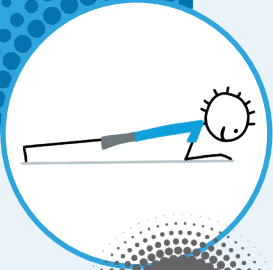
- Try skipping backwards.
- Crossing your hands over in front of your body as the rope swings forwards.
- Hopping over the rope instead of jumping.

Parents Signature:



BONE STRENGTHENING

Challenge 15: Can you hold the plank for 15 seconds?



CORE
MUSCLES

Description

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.

Finding it easy? Try this...

- Can you place some books on your back?
- Can you lift one of your legs towards the ceiling and hold it?

Parents Signature:

Challenge 16: Can you dance to one of your favourite songs?



WHOLE
BODY

Description

- Pick a song which you enjoy dancing to.
- Can you dance from the start to the finish of the song without stopping?
- Some example of dance moves: Jumping, shuffling, stepping and clapping, wiggling, twisting, waving, and sliding Can you think of anymore?

Finding it easy? Try this...

- Find a ribbon or scarf to wave around as you dance.
- Play a faster song which will require you to move quicker!
- Play a longer song.

Parents Signature:

BONE STRENGTHENING

Challenge 17: Can you do 15 seconds of Toe Tap Jumps?



GLUTEAL
MUSCLES

Description

- Start by standing with your arms by your side.
- Slowly bend one of your knees up towards your body and touch your toe with the opposite hand.
- Once you touch your toe, return your foot back to the floor and repeat with the other foot.

Finding it easy? Try this...

- Can you do it faster?
- Can you do it for 30 seconds rather than 15?

Parents Signature:

Challenge 18: Can you do 10 Knee-Tucks?



QUADRICEPS

Description

- Start in a standing position with your knees slightly bent.
- Hold your hands out at chest height.
- Lower your body in a squat position and then explode upwards bringing your knees up towards your chest.

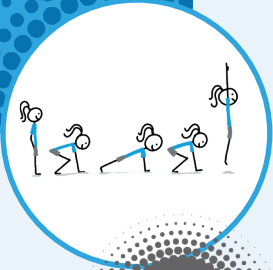
Finding it easy? Try this...

- Repeat this challenge.
- Can you do 15 instead?

Parents Signature:

BONE STRENGTHENING

Challenge 19: Can you do 10 burpees?



WHOLE
BODY

Description

- Start standing up, feet shoulder width apart and your arms by your side.
- Lower your body down so that you can place your hands on the floor.
- Jump your feet backwards so that you're in a press up position.
- Jump your feet back in towards your feet.
- Reach your arms over your head and jump up into the air.
- Repeat.

Finding it easy? Try this...

- Can you do one press up while you're in the press up position?
- Can you do a star jump as you jump up rather than a straight jump?
- Can you go faster?
- Can you do 15 burpees rather than 10?

Parents Signature:

Challenge 20: Can you complete 10 lunges?



QUADRICEPS
AND
HAMSTRINGS

Description

- Stand up with your feet shoulder-width apart.
- Take a big step forward with one of your feet and slowly lean your body forward.
- Bend your knees until your front knee is at a 90-degree angle, while you keep your upper body straight.
- Return to standing and repeat with the other leg.

Finding it easy? Try this...

- Hold a tin of beans in each hand while performing the lunges.

Parents Signature:

MODERATE ACTIVITY

Challenge 21: How many jumping jacks can you do in 30 seconds?



HEART & LUNGS

Description

- Start in a relaxed stance, legs together and arms by your side.
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height.
- Jump back in to the starting position.

Finding it easy? Try this...

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?

Parents Signature:



Challenge 22: Can you reduce the time it takes you to walk to school?



HEART & LUNGS

Description

- If you walk to school see if you can walk to school faster.
- If you go in the car to school, can the car be parked further away from school so you can walk some of the way?
- Swing your arms forwards and backwards as you walk to help you increase the speed of your stride.

Finding it easy? Try this...

- Carry your backpack all the way to school.
- Skip some of the way.

Parents Signature:



MODERATE ACTIVITY

Challenge 23: How many jumps on the spot can you complete in 30 seconds?



HEART & LUNGS

Description

- Bending your knees and rebounding on the spot, how many jumps can you complete in 30 seconds?
- Bend your knees and push through your feet.
- Make sure you land with soft knees.

Finding it easy? Try this..

- Add a skipping rope and see how many jumps you can do with a rope.
- Have a competition with a partner to see who completes the most jumps.

Parents Signature:

Challenge 24: Run on the spot for 1 minute.



HEART & LUNGS

Description

- See if you can run on the spot for 1 minute without stopping at a steady pace.
- Run on the balls of your feet.
- Do not run flat footed as this will hurt your feet as you stamp on the floor.
- Pump your arms forwards and backwards at right angles.
- Look forwards.

Finding it easy? Try this..

- Repeat 3 times, with a 1 minute rest in between each run.

Parents Signature:

MODERATE ACTIVITY

Challenge 25: How many side to side jumps can you complete in 30 seconds?



HEART & LUNGS

Description

- With two feet together, jump side to side, with soft knee landings.
- Use your arms to help you jump.
- Imagine there is a line that you're jumping over.

Finding it easy? Try this...

- Place a skipping rope on the ground to jump over.
- You could add in a jump forwards and backwards after your side to side jump. E.g. Left side-right side-forwards-backwards (repeat).

Parents Signature:

Challenge 26: Complete 20 air punches.



HEART & LUNGS

Description

- This challenge can be completed standing or sitting.
- If standing, make sure your feet are shoulder width apart.
- If sitting, make sure you are sat up straight.
- Look straight ahead.
- Keeping your elbows in & hands under your chin, punch your arms out directly in front of you, keeping the elbows soft.

Finding it easy? Try this...

- Place a tin in each hand.
- Have a minute rest and complete another 20.

Parents Signature:

MODERATE ACTIVITY

Challenge 27: Can you march with high knees for 1 minute?



HEART & LUNGS

Description

- March like a soldier on the spot for one minute.
- Lift your knees high, in line with your belly button.
- Pump your arms, opposite arm to leg.
- Look forwards.

Finding it easy? Try this..

- Complete high knees but with a running motion.

Parents Signature:

Challenge 28: Can you complete 10 sofa dips?



TRICEPS

Description

- Sit on the edge of the sofa with your hands either side of your hips.
- Lift your bottom off the sofa and slightly bend your knees.
- Ensure your knees are at a 90 degree angle.
- Slowly bend your elbows, also to a ninety degree angle, and straighten again. This is working your triceps.
- Repeat.

Finding it easy? Try this..

- Put your feet up on a chair and complete the challenge the same.
- Have a break and repeat again.

Parents Signature:

MODERATE ACTIVITY

Challenge 29: Can you run with fast feet for 10 seconds?



HEART & LUNGS

Description

- On the spot, run as FAST as you can!!
- Pump your arms fast and keep on your toes.
- Keep your head up and breathe!

Finding it easy? Try this...

- Complete fast feet for 20 seconds.
- Rest for 10 seconds and then repeat as many times as you can.

Parents Signature:



Challenge 30: Can you ride your bike or scooter today for more than 15 minutes?



HEART & LUNGS

Description

- With your parent or guardian try to get out on your bike/scooter, or even just go out and play in the garden for at least 15 minutes.
- The fresh air is great for you and you will feel much better for getting out!

Finding it easy? Try this...

- Increase the amount of time on your bike or scooter.

Parents Signature:



Challenge 31: Can you rollerblade or skateboard for 10 minutes?



HEART & LUNGS

Description

- If you have roller-skates, rollerblades, or a skateboard, go to a safe place and play for 10 minutes. Don't forget to ask your parents/guardians permission first!!
- See if you can improve your balance by skating/rolling for longer periods of time before you have to stop or step off.
- Ensure you play safely by using your helmet, knee pads and elbow pads if needed.
- You can invite a friend to play with you should you wish.

Finding it easy? Try this..

- If you are playing with a friend, you could have short races against each other (this is only if you are confident).
- Play for longer.

Parents Signature:

Challenge 32: House Sweep



WHOLE BODY

Description

- Ask your parents/guardians or siblings to help you.
- When watching the television, every time the adverts come on can your helper name a colour and you have to find an item around the house of that colour before the adverts finish.
- See how many items you can find and collect during the evening before the adverts finish.

Finding it easy? Try this..

- Your helper can make it more difficult for you by asking you to find something that is a certain shape as well as a colour. For example, 'can you find an item that is round and green?' You could find a green apple perhaps.

Parents Signature:

ENDURANCE

Challenge 33: How many laps of the playground can you do in 5 minutes?



HEART & LUNGS

Description

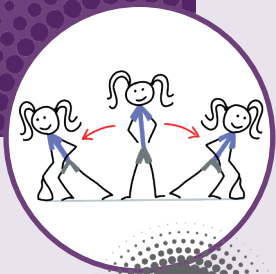
- If you are at home then you can do laps of your garden or the local park instead.
- You can decide to jog, skip, walk, side step, gallop, or stride around the outside of the chosen area.
- You can alternate between choosing a movement and walking around the playground if you need to.
- Take your time and don't forget to breathe steadily.
- Don't forget to count how many laps you complete.
- One lap is when you return back to your starting point.

Finding it easy? Try this...

- Make it into a competition with a partner.
- After each lap you complete, change the way you move and travel around.
- Increase the time to 6 or 7 minutes.

Parents Signature:

Challenge 34: Pillow to Pillow



HEART & LUNGS

Description

- Place two pillows side by side 2 metres apart.
- Start by one of the pillows and run or side shuffle to the second pillow and touch it with your hand.
- Then run or side shuffle back and touch the pillow.
- Every time you touch the pillow that is one point.
- See how many you can do continuously for 1 minute.

Finding it easy? Try this...

- Move the pillows further apart.
- Once you have a score, next time try to improve it. Don't forget to rest before starting again.

Parents Signature:

Challenge 35: Sit until you drop.



HEART & LUNGS

Description

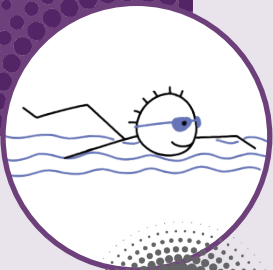
- Stand with your back against a wall.
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle.
- Keep your back against the wall and your hands by your side.
- Try to time how long you can hold the position for.

Finding it easy? Try this...

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?

Parents Signature:

Challenge 36: Can you complete 25 metres when swimming?



WHOLE BODY

Description

- If you have the opportunity, see if you can go to the swimming pool with your family.
- See if you can swim un-aided for 25 metres using any swimming stroke you wish.
- Examples: doggy paddle, front crawl, back stroke, breaststroke, and butterfly stroke.
- If you cannot swim, use floats and arm bands to assist you.

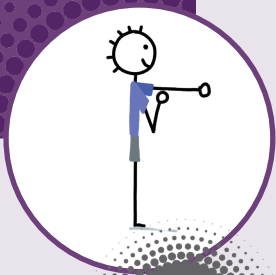
Finding it easy? Try this...

- If you can complete 25 metres with ease, try to see how many lengths you can do before having to stop for a rest.

Parents Signature:

ENDURANCE

Challenge 37: Can you boxercise for 2 minutes?



Description

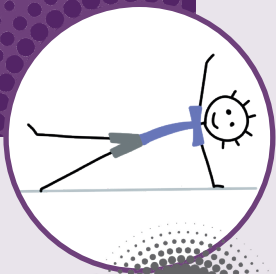
- Set a timer or play your favourite music.
- Pretend you are a boxer and start performing air punches. See if you can continue this for a whole 2 minutes without stopping.
- Stay light on your toes and keep bouncing around as if you were in a boxing ring. Use your imagination!
- Ensure you do this on your own in a safe environment where no-body is around to get hurt!!

Finding it easy? Try this...

- Use other types of punches such as; uppercuts, hook shots.
- Pretend to duck and dive.
- Start including high kicks as if you are a kick boxer.
- Increase the time.

Parents Signature:

Challenge 38: Can you hold various shapes for as long as possible?



Description

- Choose a shape you wish to use to balance with.
- Some examples of shapes: stalk stand, arabesque, bridge, arch and dish shape.
- Now let's see how long you can hold that shape for, time yourself.
- Now change the shape and repeat the challenge.

Finding it easy? Try this...

- Can you hold the shape with no wobbling?
- See if you can compete against a friend.

Parents Signature:

Challenge 39: Can you hold the side plank position for 10 seconds?



CORE
MUSCLES

Description

- Lie on the floor on your side. Then prop yourself up by resting on your forearm (the one in contact with the floor).
- Ensure that you also lift your hip off the floor and keep your legs stretched.
- Your body should look very straight like a plank of wood for example.
- Try to hold this position very still for 10 seconds without wobbling or falling down.

Finding it easy? Try this...

- Try this challenge on both sides of the body.
- After a short rest, try to hold this position for longer.

Parents Signature:

Challenge 40: Can you skip for 2 minutes?



HEART &
LUNGS

Description

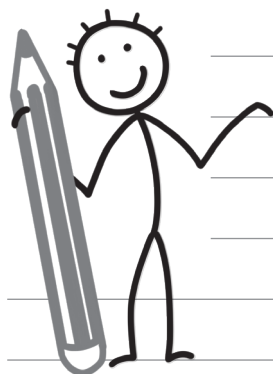
- Place two objects/cones 5 metres apart.
- Start by one of the objects/cones holding a skipping rope.
- Now skip to the second object/cone and back again.
- There and back would count as one point.
- Keep doing this for 2 minutes and count how many points you get.

Finding it easy? Try this...

- After a short rest, complete the challenge again and try to beat your score.
- Move the skipping rope backwards rather than forwards.

Parents Signature:

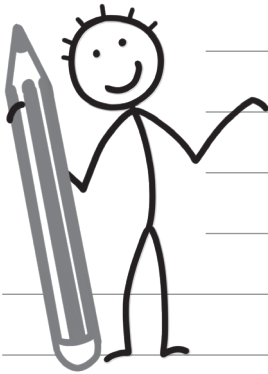
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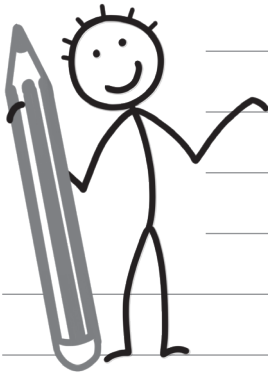
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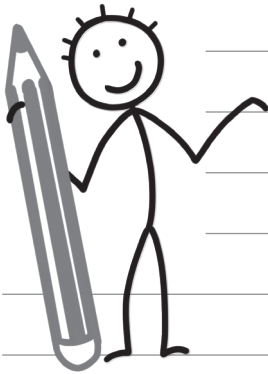
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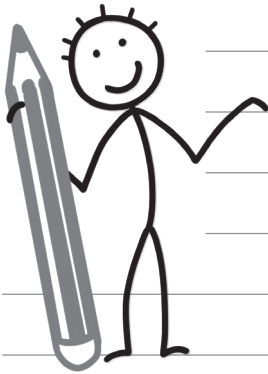
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Sports Partnership

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