

Weekly Challenge: week commencing 1st February



During this lockdown we want to keep you physically active and we would also like to continue developing those key life skills/ experiences.

Each week you will be set three challenges for you to have a go at.

We look forward to seeing photos of your participation in these.

Mr Simpson's Challenge – 'Catch'

Aim – how many consecutive catches can you complete in 60 sec

Equipment – small ball e.g. tennis ball or a pair of rolled up socks

The Challenge:

Reception & KS1 (years 1/2) must throw and catch the ball consecutively as many times as possible in 60 sec, if the ball is dropped and there is time left start again from zero. Send in your biggest score in 60 sec

Lower KS2 (years 3/4) must throw clap and catch the ball consecutively as many times as possible in 60 sec, if the ball is dropped and there is time left start again from zero. Send in your biggest score in 60 sec

Upper KS2 (years 5/6) must throw clap twice and catch the ball consecutively as many times as possible in 60 sec, if the ball is dropped and there is time left start again from zero. Send in your biggest score in 60 sec

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Mrs Pawlitta's Challenge – 'Cushion Challenge'



Mrs Pawlitta's Lockdown Challenge 1!

OVERVIEW

AIM:

To balance a cushion or Bean Bag on your head and complete as many sets of the challenge as possible in 2 minutes.

One set: Move from a standing to V Sit position and back to standing.

Set Up and Rules

Stand up straight in a flat space large enough for you to lay down.
Balance a cushion or bean bag on your head.
Whilst balancing the cushion/bean bag slowly move into a sitting position on the floor – you can use your hands to move into a seated position but do not touch the cushion, unless it falls off!
Once seated perform a V Sit (see pictures) the cushion/bean bag still needs to be balancing on your head.
Hold the v sit for 3 seconds. Slowly return to a standing position.

COACHING TIPS: Practice v sits without a cushion and improve your core strength.

Cushion Challenge

EQUIPMENT NEEDED

- Cushion/Bean Bag
- Timer



SCORING & JUDGING

Rules:

If the cushion/bean bag falls off your head you must stop replace it and continue with the challenge.

Mastered:

How many sets (standing to v-sit to standing) can you complete in 2 minutes.

How To Practise / Get Better: Practice moving from a standing to sitting position without a cushion. Get better – use a smaller cushion.

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Mrs Smith's Challenge – 'Pizza'

Aim – To get you cooking with your family

Equipment – a pizza base or you might even have a go at making your own base

Tomato puree

Mozzerella cheese

Your chosen ingredients for the topping

The Challenge:

Instead of sending out for a pizza or having one from the supermarket get your cooking skills going and create your own. Ask your adult to buy some pizza bases, tomatoes puree and mozzarella cheese. Then decide what else you want to add to your pizza and ask your adult to buy these too.

Next spread your pizza base with tomato puree and slices of mozzarella cheese

Add your other ingredients. For me it would be mushrooms, ham and goats cheese.



Cook in the oven for about 15 minutes. And then as a family enjoy your tasty creation.