



# St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Acting Headteacher: Mrs L Smith

Our school values: Respect • Kindness • Challenge • Forgiveness • Perseverance

## Get Active Challenges

### Challenge 1 - Flip A Coin Workout

**You will need: a coin**

Each time you toss the coin, complete the relevant exercise.

- 1<sup>st</sup> Toss:        Heads = 15 jump squats  
                     Tails= 30s plank
- 2<sup>nd</sup> Toss:        Heads= 60s jog on spot  
                     Tails= 25 jumping jacks
- 3<sup>rd</sup> Toss:        Heads= 20s plank  
                     Tails= 5 burpees
- 4<sup>th</sup> Toss:        Heads= 20 jumping jacks  
                     Tails= 15 sit ups
- 5<sup>th</sup> Toss:        Heads= 20 high knees  
                     Tails= 60s jog on spot
- 6<sup>th</sup> Toss:        Heads= 10 push ups  
                     Tails= 25 jumping jacks
- 7<sup>th</sup> Toss:        Heads= 10 burpees  
                     Tails= 20 jump squats
- 8<sup>th</sup> Toss:        Heads= 20 sit ups  
                     Tails= 30 high knees
- 9<sup>th</sup> Toss:        Heads= 60s jog on spot  
                     Tails= 10 push ups
- 10<sup>th</sup> Toss:       Heads= 30s plank  
                     Tails= 30 jumping jacks

### Challenge 2 - Land The Socks

**You will need: a pair of socks, a pan/dish/bowl**

Target practice using a sock ball. You need to land the socks in a pan/bowl/dish, have 5 practice turns then see how many you can score from 5 attempts. Make it harder by moving further away. Can you do it blindfolded?

### Challenge 3 - Heartbeat

**You will need: a watch or stop watch, paper and something to write with**

Find your pulse and count it for 30 seconds making a note of how many times your heart beats. Run around your garden or up and down the stairs 10 times. Record your pulse again straight away. Run around your garden or up and down the stairs 10 more times. Record your pulse again straight away. What did you notice?

Continued below



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## Challenge 4 – Ball Drop

**You will need: a small ball/coin/scrumpled up piece of paper, a cup/bowl/pan**

Use a small ball, a coin or a crumpled-up piece of paper. Standing above a cup or pan, hold the ball out at arm's length and drop it into the cup. Have 5 practice turns then see how many you can score from 5 attempts. Make it harder by standing on a chair. Can you do it blindfolded?

## Challenge 5 – Active Connect 4

**See separate sheet**

## Challenge 6 – Catch and Clap

**See separate sheet**

## Challenge 7 – Figure of Eight

**See separate sheet**

## Challenge 8 – Fortnite Bingo

We know this is a controversial one! We are not suggesting that you get your children to play Fortnite but if they are already on it, this challenge might be a way to break screen time up.

Whilst playing Fortnite, any time a below event happens you need to complete the relevant forfeit.

You run away from a storm = 10 jumping jacks

You get caught in a storm = hop 5 times on each foot

You get a mythic weapon = jump up and down 10 times

A teammate revives you = hop 10 times on each foot

You get stuck in a build fight = 15 jumping jacks

You level up = jump up and down 25 times

You throw a grenade = 20 jumping jacks

You get a legendary weapon = 20 jumping jacks

You get a kill = do a Fortnite dance for 30 seconds

You die = jump up and down 30 times