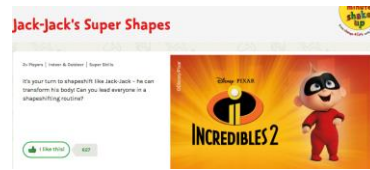


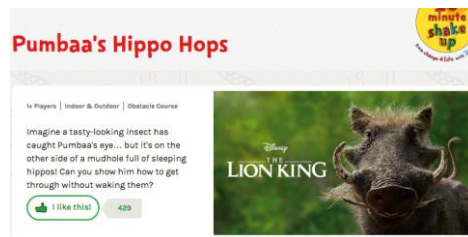


KS1 Physical Challenge Ideas



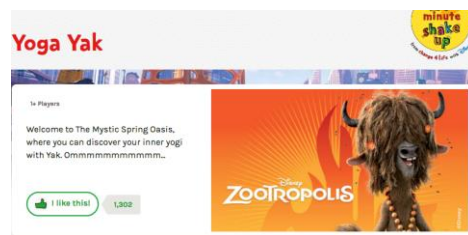
To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/jack-jacks-super-shapes>



To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>



To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak>

Focus

Can you play one of the games above, completing all of the steps in the instructions on the website (use the individual links)

Intermediate

When playing Pumbaa's Hippo Hops, can you think of a different way to move instead of leaping like a Frog? Can you show someone in your household your new idea?

Mastery

Can you teach/show someone else in your household how to perform some of the Yoga Yak moves?

If you enjoyed these games there are plenty more on:

<https://www.nhs.uk/change4life/activities>

