



Rural Derbyshire SSP Activity Challenges

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	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity	Balance a cushion or pillow on your head. Can you walk around the room without it falling off? How about up the stairs? Too Easy? Try with a pair of socks balance on your head, shoulder and then foot.	Create a 5-station circuit for you and your family to complete. At each station, play a different song and exercise till the song has stopped.	Find a ball or rolled-up pair of socks. See if you can throw from one hand to the other without moving. To make it harder, balance on one leg or lie down.	Using a rolled-up pair of socks, create a target (could be a basket or a pan). Start close to the target and throw the item in. Every time you get the item in, take a step back. Complete this until it is no longer possible to get it in.	Create a line down the middle of your room. One side is the river, the other side is the bank. Have your parents call out the sides. When they call river or bank, you jump to the correct side. Don't let them catch you out!
Physical Literacy	Name these sports which are in German? <ol style="list-style-type: none"> Segeln Radfahren Wandern 	When reading your book, stop at every word beginning with a Z, Y, X, W, V or U. However many letters are in the word = the amount of exercises you have to do, for example understand = 10 letters = 10 star jumps.	Find 5 different pairs of items in your house or garden that rhyme. For example: Bed & Shed.	Solve our sporting venues anagrams: <ol style="list-style-type: none"> Belewmy (1 word) Dire Karpp (2 words) Mind Bowel (1 word) 	Spell your name in exercise using the video below: https://www.youtube.com/watch?v=xYwcoNhgdk0&feature=emb_logo 30 secs on 30 secs rest
Physical Numeracy	Sit Up Game – Lie flat on your back, ready to do some sit ups. Have your parents shout out maths questions. For every answer that is even, do a sit up.	Count in threes, for every odd number – stomp your left foot, for every even number – clap your hands.	Count how many mugs you have in your house, multiply the number by 5. Complete this amount of star jumps throughout the day.	Try out one of the cross curricular challenges from the video below: https://www.youtube.com/watch?v=xYwcoNhgdk0&feature=emb_logo	Solve our sport related maths problem. Sarah sets off on a run at 09:15 and returns at 10:45 She runs 7.5 miles in this time. How long was she running for? And how fast did she run in mph?
Creative	Play Stomp, Clap, Jump. With a partner complete the sequence of stomp, clap, jump. I.e. Person A stomps, Person B claps, Person A jumps, Person B stomps... and so on. See if you can keep it going.	See if you can make every letter in the alphabet using your body.	Create your own sporting top trumps. Categories could include: Speed, Height, Strength, Agility, Flexibility and Teamwork OR add your own.	Solve our sports riddles: How did the soccer fan know before the game that the score would be 0-0? & What do you get if your sheep studies karate?	With permission from your parents, create a marble run using items in your house or garden, if you have more than one marble, you can race them against each other.