

AJB Activity Challenges Friday

Choose your favourite character and create you own themes!

Year Group	Morning Challenge	Simplify (-) / Progress (+)	Afternoon Challenge	Simplify (-) / Progress (+)
RECEPTION	Sitting down on the floor with legs outstretched in front of you, how many times can you pick up an object on your right and place in on your left > repeat changing sides each time. Do this for 30 seconds.	<ul style="list-style-type: none"> - Reduce amount of time for the challenge. + Increase amount of time, and make object more difficult to manage. 	<p>Matching pairs game. Ask an adult to hide 4-8 objects under separate towels,tee shirts. Each object must be hidden separately.</p> <p>Children run/skip/jump to the objects and try to reveal a matching pair. When you have a match, bring it to the start point.</p> <p>Match my include - Same colour, same letter etc.</p>	<ul style="list-style-type: none"> - Reduce amount of pairs to match. + Increase the amount of pairs, move in a different way on each attempt (skip/backwards/hop/jump etc.)
YEAR 1 + 2	How many jumping jacks can you complete in 30 seconds?	<ul style="list-style-type: none"> - Reduce amount of time for the challenge. + Include a half turn between each jumping jack. 	How many times can you dribble a ball around an object 5-10m away in 30 seconds.	<ul style="list-style-type: none"> - Move closer to the object and/or reduce time. + Add in additional objects to dribble around and between (zig zag).
YEAR 3 + 4	Using your body to create shapes of letters, can you spell a 4 letter word?	<ul style="list-style-type: none"> - Create any 3 letters (doesn't need to spell a word). + Increase length of the word you spell. 	Create a dance using your favourite song! Try to demonstrate the story of the song in your dance.	<ul style="list-style-type: none"> - Use a known dance moves without creating a story. + Can you teach the dance to a partner and perform it in sync?
YEAR 5 + 6	Using a wall and a bouncy ball, how many times can you bounce the ball onto the floor to hit the wall and catch it in 1 minute?	<ul style="list-style-type: none"> - Remove the floor bounce (throw and catch against a wall only). + Stand on one leg when throwing/catching. ++ Use one hand to catch and alternate hands. 	<p>Create a simple obstacle course. Blindfold a partner and talk them through the course.</p> <p>Tip - Talk slowly and clearly and include as much detail as possible.</p>	<ul style="list-style-type: none"> - Remove blindfold at intervals. + Complete the challenge with pre-communicated sounds! (e.g. claps/whistles etc.)