

# AJB Activity Challenges Monday

Choose your favourite character and create you own themes!

Year Group	Morning Challenge	Simplify (-) / Progress (+)	Afternoon Challenge	Simplify (-) / Progress (+)
RECEPTION	How long can you balance on one leg? Try and hold it for 10 seconds. Don't forget to change legs!	<ul style="list-style-type: none"> <li>- Use an object to support you (a chair or stool)</li> <li>- + Place an object on your head whilst balancing (rolled up socks/bean bag).</li> <li>- ++ Close your eyes and try to balance!</li> </ul>	How many pairs of rolled up socks can you throw into a target in 1 minute?	<ul style="list-style-type: none"> <li>- Move closer to target or make target bigger.</li> <li>- + Move further away/ make target smaller.</li> <li>- ++ Stand on one leg when throwing.</li> </ul>
YEAR 1 + 2	How many times can you throw and catch a ball (or rolled up socks!) in 1 minute? Make sure it goes above your head.	<ul style="list-style-type: none"> <li>- Use a larger object and throw it lower.</li> <li>- + Add in a clap before your catch.</li> <li>- ++ Catch with one hand only, stand on one leg.</li> </ul>	Walk around the room/garden with a pair of rolled up socks balancing on your head. How long can you keep them balanced?	<ul style="list-style-type: none"> <li>- Balance on the spot.</li> <li>- + Add in a second object to balance on a different body part (shoulder).</li> <li>- ++ Add in obstacles!</li> </ul>
YEAR 3 + 4	How many times can you kick a ball into a target in 1 minute (or 10 attempts)?	<ul style="list-style-type: none"> <li>- Move closer to target or make target bigger.</li> <li>- + Move further away/ make target smaller.</li> <li>- ++ Use alternate feet to kick.</li> </ul>	Perform a plank balance for 30 seconds!  Keep your body straight and your core tight.	<ul style="list-style-type: none"> <li>- Reduce time to 20 seconds and/or place one knee on the ground.</li> <li>- + Extend time to 40 seconds.</li> </ul>
YEAR 5 + 6	Using only your hands, how many times can you keep a ball up in the air without dropping it? (no catching!)	<ul style="list-style-type: none"> <li>- Use a larger ball (balloon), allow one bounce.</li> <li>- + Use alternate hands between hits.</li> <li>- ++ Use the palm and back of your hand.</li> <li>- +++ Add in a second ball!</li> </ul>	How many burpees can you complete in 1 minute?	<ul style="list-style-type: none"> <li>- Remove the press up section of the burpee.</li> <li>- + Jump and stretch as high as you can when moving into standing position.</li> <li>- ++ Add in a star shape when jumping.</li> </ul>