

AJB Activity Challenges Thursday

Choose your favourite character and create you own themes!

Year Group	Morning Challenge	Simplify (-) / Progress (+)	Afternoon Challenge	Simplify (-) / Progress (+)
RECEPTION	How many times can you perform a 2 footed jump forwards and backwards over a line in 20 seconds?	<ul style="list-style-type: none"> - Remove the line. + Use an object to jump over and extend the time limit. 	Can you create 3 different shapes with your body? Ideas - Pencil, star, letters, numbers.	<ul style="list-style-type: none"> - Ask an adult to help you perform the shapes. + Create a shape with a partner.
YEAR 1 + 2	How many times can you perform a 2 footed jump from side to side over a line in 30 seconds?	<ul style="list-style-type: none"> - Remove the line. + Use an object to jump over and extend the time limit. 	Can you create an obstacle course to complete. Remember to use obstacles you can go under/over and around.	<ul style="list-style-type: none"> - Use simple objects. + Increase the height/difficulty of your obstacles. ++ Perform the course balancing an object on your head.
YEAR 3 + 4	How many times can you perform a 1 footed jump (same foot) side to side over a line in 45 seconds?	<ul style="list-style-type: none"> - Remove the line. + Use an object to jump over and extend the time limit. 	Object run! Using 5 different objects placed at intervals of 1m, 2m, 3m, 4m, and 5m, complete a shuttle run back and forth to collect objects one at a time. Time your attempt.	<ul style="list-style-type: none"> - Use less objects to collect. + Perform a different movement on each leg of the run (hop, sidestep, skip jumps, backwards etc.)
YEAR 5 + 6	Standing on one leg, how many times can you perform a 1 footed jump (same foot) around a square split into 4 quarters in 30 seconds?	<ul style="list-style-type: none"> - Perform 2 footed jumps. + Can you do the sequence backwards? 	Using a ball, keep it up using the palm of your hand, and then the back of your hand. Remember to flip your hand own each hit. How many hits can you get before dropping it?	<ul style="list-style-type: none"> - Use only your palm. + Stand on one leg. ++ Perform the challenge whilst balancing an object on your head.