

AJB Activity Challenges Tuesday

Choose your favourite character and create you own themes!

Year Group	Morning Challenge	Simplify (-) / Progress (+)	Afternoon Challenge	Simplify (-) / Progress (+)
RECEPTION	Can you stretch down and touch your toes without bending your knees? Hold for 10 seconds.	<ul style="list-style-type: none"> - Bend your knees slightly. + Hold the stretch for 20 seconds. 	Can you roll a ball at a standing target to knock it down? (e.g. a water bottle)	<ul style="list-style-type: none"> - Move the object closer. + Move the object further away. ++ Stand on one leg when rolling ball. Use alternate arms.
YEAR 1 + 2	Can you hit a ball at a target? How many times can you hit it in 1 minute?	<ul style="list-style-type: none"> - Move closer to the target. + Move further away from the target. 	Can you throw a ball over a target using an overarm technique? How many times in 1 minute?	<ul style="list-style-type: none"> - Make object smaller or throw underarm. + Move further away from target. ++ Make the object higher and / or stand on 1 leg.
YEAR 3 + 4	How many times in 1 minute can you run between two places 5-10 metres apart?	<ul style="list-style-type: none"> - Shorten the distance. + Try running backwards/ sideways. 	How far can you jump from a standing position (2 feet to 2 feet)? Complete the same for 1, 2, 3, 4 and 5 jumps in a row.	<ul style="list-style-type: none"> - Allow a short run up before jump. + Jump from 1 foot and land on same foot.
YEAR 5 + 6	How many standing air punches can you complete in 1 minute?	<ul style="list-style-type: none"> - Try 30 seconds. + Can you move whilst performing the air punches? ++ Add in a variety of punches (hooks, uppercuts, jabs) 	<p>How many squats can you complete in 1 minute?</p> <p>Make sure your legs squat down to a 90 degree angle.</p>	<ul style="list-style-type: none"> - Perform action for 30 seconds. + Jump in between each squat.