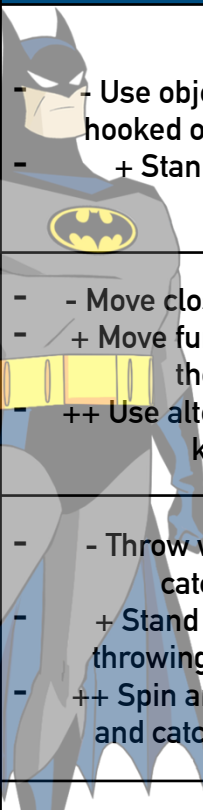
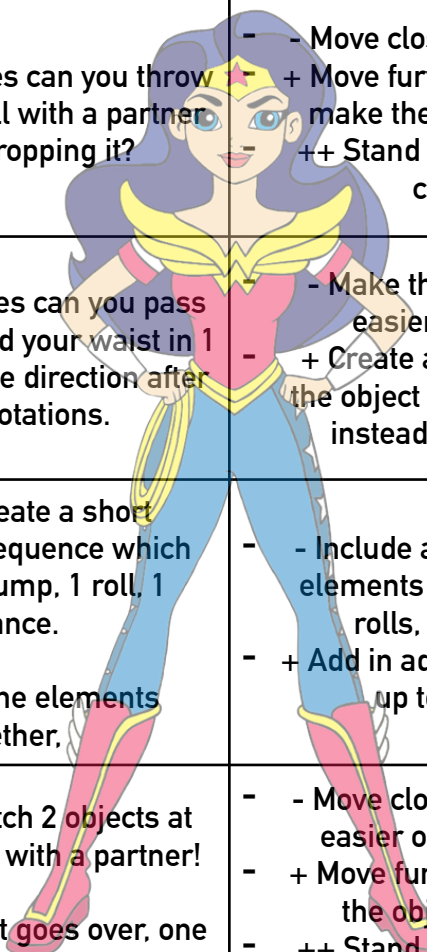


AJB Activity Challenges Wednesday

Choose your favourite character and create you own themes!

Year Group	Morning Challenge	Simplify (-) / Progress (+)	Afternoon Challenge	Simplify (-) / Progress (+)
RECEPTION	<p>Standing in a star shape, how many objects can be balanced on your body?</p> <p>Object ideas - Teddy bears, clothes, toys, books.</p>	 <ul style="list-style-type: none"> - Use objects that can be hooked onto body parts. - + Stand on one leg! 	<p>How many times can you throw and catch a ball with a partner without dropping it?</p>	 <ul style="list-style-type: none"> - Move closer to each other. - + Move further apart and /or make the object smaller. ++ Stand on one leg when catching.
YEAR 1 + 2	<p>How many times can you kick a ball at a target in 1 minute?</p>	<ul style="list-style-type: none"> - Move closer to the target. - + Move further away from the target. ++ Use alternate feet when kicking. 	<p>How many times can you pass an object around your waist in 1 minute? Change direction after 10 full rotations.</p>	<ul style="list-style-type: none"> - Make the object larger/easier to manage. - + Create a figure of 8 with the object around your legs instead of your waist.
YEAR 3 + 4	<p>How many times can you throw and catch a ball with the same hand in 1 minute? Object must go above head height!</p>	<ul style="list-style-type: none"> - Throw with 1 hand but catch with 2. - + Stand on 1 leg when throwing and catching. ++ Spin around in a circle and catch with 1 hand. 	<p>Can you create a short gymnastics sequence which includes 1 jump, 1 roll, 1 balance.</p> <p>Try to link the elements together,</p>	<ul style="list-style-type: none"> - Include any 3 gymnastics elements you know. E.g. 3 rolls, 3 jumps etc. - + Add in additional elements up to 6 in total.
YEAR 5 + 6	<p>How many press up can you complete in 30 seconds?</p>	<ul style="list-style-type: none"> - Complete press ups on your knees. - + Extend time to 45 seconds. 	<p>Throw and catch 2 objects at the same time with a partner!</p> <p>Tip - One object goes over, one under when throwing.</p>	<ul style="list-style-type: none"> - Move closer together, use easier objects to catch. - + Move further apart, make the objects smaller. - ++ Stand on one leg when throwing and catching.