

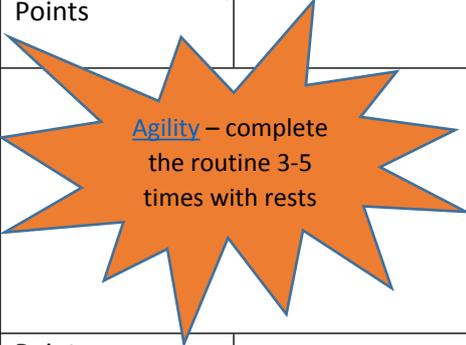
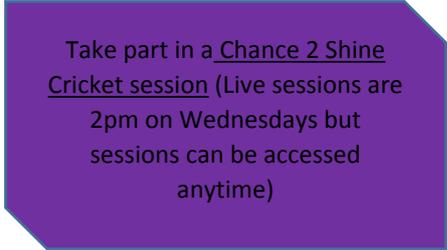
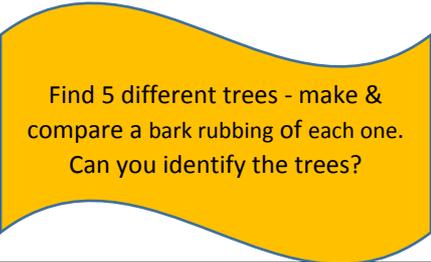
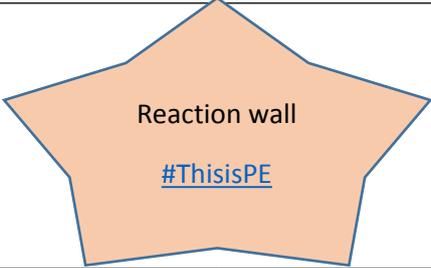
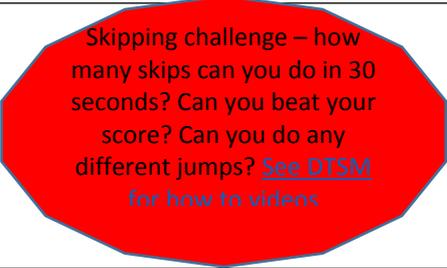


# GLOUCESTER SCHOOL SPORTS NETWORK

## ACTIVITY CHALLENGE

### KEY STAGE 2

- Speak to an adult before you start to make sure you are safe
- Have a go at any of the activities below in any order
- Ask a parent/carer/teacher to sign & date when you have completed them
- When you have completed as many as you can return the card to your teacher
- You are awarded 10 points per activity to add to your class or House total

 <p>Have a go at a Sun Salutation <u>Yoga session</u></p>	 <p>Complete a 30 minute run / walk</p>	 <p>Choose 5 different fitness activities &amp; make your own circuit. Eg; shuttle runs / star jumps 30 secs work 30s rest Can you do it 3 x through?</p>
Points	Points	Points
 <p><u>Agility</u> – complete the routine 3-5 times with rests</p>	 <p>Go for a bike ride or scoot for 30 minutes</p>	 <p>Take part in a <u>Chance 2 Shine Cricket session</u> (Live sessions are 2pm on Wednesdays but sessions can be accessed anytime)</p>
Points	Points	Points
 <p>Take part in a body coach fitness session <u>PE with Joe</u></p>	 <p>Just Dance yourself Happy with Pharrell Williams <u>Click here</u></p>	 <p>Choose 10 things you might spot whilst outside walking &amp; head out to find them!</p>
Points	Points	Points
 <p>Find 5 different trees - make &amp; compare a bark rubbing of each one. Can you identify the trees?</p>	 <p>Reaction wall <u>#ThisisPE</u></p>	 <p>Skipping challenge – how many skips can you do in 30 seconds? Can you beat your score? Can you do any different jumps? <u>See DYSM for how to videos</u></p>
Points	Points	Points

NAME:

CLASS:

TOTAL POINTS:



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<p>Take at least 3 active breaks between your lessons</p> <p><a href="#">Body percussion</a></p> <p><a href="#">5 minute Yoga</a></p> <p><a href="#">Footy skills</a></p> <p><a href="#">Desk drumming</a></p>	<p>Think of an active personal challenge and challenge 5 friends or family to have a go!</p>	<p>Scavenger Hunt</p> <p>Go for a walk &amp; spot as many yellow things as you can!</p>			
Points		Points		Points	
<p>Yoga session</p> <p><a href="#">Sun salutation</a></p>	<p>Jumping Combinations</p> <p><a href="#">#ThisisPE</a></p>	<p>Skipping challenge – how many skips can you do in 30 seconds? Can you beat your score? Can you do any different jumps? <a href="#">See DTSM for how to videos</a></p>			
Points		Points		Points	
<p>Take part in a body coach fitness session</p> <p><a href="#">PE with Joe</a></p>	<p>Go for a walk with a camera – snap something that makes you smile! Send it to a friend or your teacher to make them smile too!</p>	<p>Just Dance</p> <p><a href="#">Blinding Lights</a></p> <p><a href="#">I gotta feeling</a></p>			
Points		Points		Points	
<p>Personal challenge</p> <p>How many keepy uppies can you do?</p> <p>How many throw &amp; catch can you do against a wall in a minute?</p> <p>.....can you beat your score?</p>	<p>Go for a bike ride or scoot for 30 minutes</p>	<p>Complete a 30 minute run / walk</p>			
Points		Points		Points	

**NAME:**

**CLASS:**

**TOTAL POINTS:**

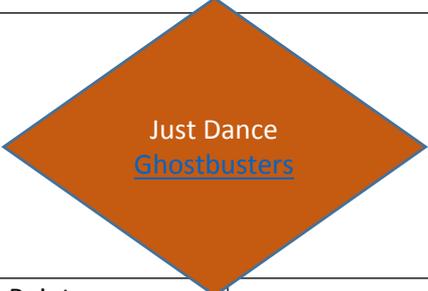
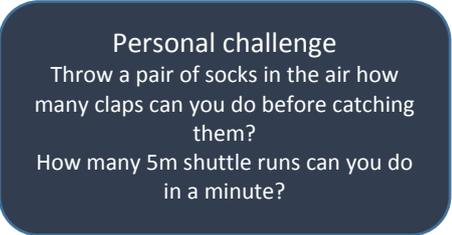
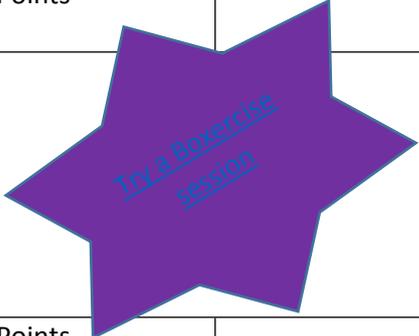
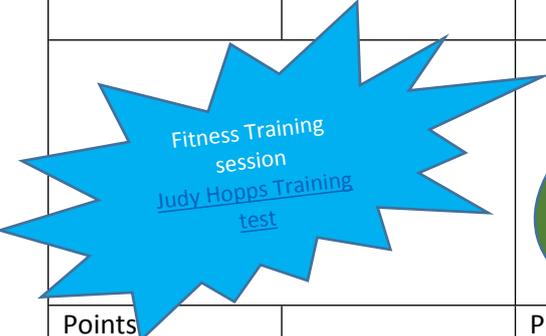
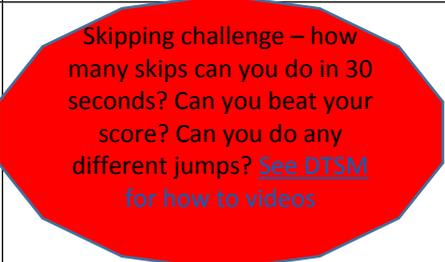


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 <p>Just Dance <a href="#">Ghostbusters</a></p>	 <p>Have a go at <u>Desk drumming</u> Can you create your own? Use your hands or something soft!</p>	 <p>Yoga session <a href="#">Sun salutation</a></p>			
Points		Points		Points	
 <p>Collect as many different leaves as you can and make leaf rubbings. How many different trees can you identify?</p>	 <p>Take part in a body coach fitness session <a href="#">PE with Joe</a></p>	 <p>Go for a bike ride or scoot for 30 minutes</p>			
Points		Points		Points	
 <p>Personal challenge Throw a pair of socks in the air how many claps can you do before catching them? How many 5m shuttle runs can you do in a minute?</p>	 <p>Complete a 30 minute run / walk</p>	 <p><a href="#">Try a Boxercise session</a></p>			
Points		Points		Points	
 <p>Fitness Training session <a href="#">Judy Hopps Training test</a></p>	 <p>Think of an active personal challenge and challenge 5 friends or family to have a go!</p>	 <p>Skipping challenge – how many skips can you do in 30 seconds? Can you beat your score? Can you do any different jumps? <a href="#">See DTSM for how to videos</a></p>			
Points		Points		Points	

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