

Worcestershire West

Weekly Physical Activity Programme



Activity	Equipment Needed	Explanation of the Activity	How can I make it easier or harder?
Balloon Keepy-Uppie	2 Balloons	How long can you keep two balloons in the air? You can use any part of your body just don't let the balloons touch the floor.	Easier: Use only 1 balloon Harder: Try using 3 balloons
Ball to Wall Challenge	1 tennis ball, chalk and a wall	Stand two metres away from a wall. Draw a target onto the wall using chalk. The challenge is to throw the ball against the wall hitting the target. How many times can you hit the target in 1 minute?	Standing further away or closer to wall. Change size of ball
Dribble it	1 Football & Markers	Set up some markers. You now have 30 seconds to dribble past as many markers as possible. Each time you dribble past a marker you earn a point.	Easier: Remove the time limit Harder: Dribble with 2 footballs.
Create it	Any sports equipment you want to use.	Create a fun activity/game of your choice involving lots of different movements e.g. running, jumping, hopping and skipping.	
Throw it	1 Football/tennis ball and markers	Throw a ball in the air, as you do this a partner will shout an object nearby that you must touch before you catch the ball. If you successfully touch the object and catch the ball without it bouncing you earn a point. Take it in turns with your partner. The first to score 10 points wins!	Easier: Don't call out any objects before catching. Harder: Call out 2 objects you must touch before catching.

Whack it	1 cricket bat/ tennis racket, tennis ball, markers & partner	Set-up a goal using the markers. The goalkeeper stands in the goal approx 6 metres away and will throw the ball to you to hit. Your challenge is to hit the ball through the goal and beat the goalkeeper. You earn a point for each goal you score.	Easier: Make the goal bigger Harder: Make the goal smaller or move it further away
Running Challenge	Markers	Set-up a race track with markers and play with a partner. Who can complete the most laps of the race track in 30 seconds?	Easier: Shorten the length of the race track. Harder: Increase the length of the race track.
Pass it	1 ball, markers & partner	Face your partner approx 5 metres apart and place 5 markers on the floor in the middle. Throw the ball at the markers. If you hit 1 of the markers you earn a point. The player who hits the most markers in 5 minutes is the winner.	Place more or less markers in the middle. Increase/decrease the distance between you and your partner.
Balance Wars	No equipment	With a partner choose a balance of your choice. You and your partner must then hold the balance for as long as possible without falling over and losing control. Whoever holds the balance for the longest period of time wins!	Easier: Use standing balances Harder: Use knee balances
Speed Bounce Challenge	Pillow	You have 30 seconds to perform as many two footed jumps as you can over your pillow. Count your score and see if you can improve your score by the end of the week.	Easier: Reduce time limit Harder: Increase time limit.
Dodge it	10 balls of socks, 1 adult & markers	Make a small square using the markers. Get 10 balls of socks and place them 6 metres away. One person must throw the socks at the person stood in the square. Each time you hit the person stood in the square you earn a point. After you've had your go swap roles.	Increase or shorten distance between you and your partner.
Catch it	1 ball	Throw the ball in the air and try to clap before you catch it. If you successfully clap and catch try to increase the number of claps you do before you catch it next time.	Remove clapping or change task e.g. you must do a press-up before you try and catch it.

Jump over it	Markers	Place 2 markers approx 5 metres apart. Your challenge is to jump from 1 marker to the other marker using as few two footed jumps as possible.	Increase/shorten distance of markers. Instead of two footed jumps switch to single legged jumps e.g. left foot or right foot only.
Go around it	Markers & whistle	Set up 10 markers in a zig-zag shape. On the whistle run through the markers zigzagging as fast as you can. Stop the whistle when you finish and record your time. Can you improve your time by the end of the week?	Easier: Shorten distance between markers. Harder: Increase distance between markers.
Bounce it	1 tennis ball & markers	Create a little course and bounce the ball around the course to earn a point. Practice using your left hand only and right hand only.	Easier: Increase size of ball Harder: Bounce 2 balls around the course.
Kick it	1 football	Face your partner approx 5 metres apart and place 5 markers in the middle. Kick the ball at the markers. If you hit 1 of the markers you earn a point. The player who hits the most markers in 5 minutes is the winner.	Easier: Increase number of cones in the middle. Harder: Increase distance between you and your partner.

For more information on daily physical activities & personal challenges:

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