



## Rural Derbyshire SSP Activity Challenges 4

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	Monday	Tuesday	Wednesday	Thursday	Friday
Physical Activity	Choose three 10 minute shake up games to play at home from the link below: <a href="https://www.nhs.uk/change4life/activities/indoor-activities">https://www.nhs.uk/change4life/activities/indoor-activities</a>	Weekly Challenge: How many speed bounces can you complete in 20 seconds? Use a rolled-up towel to create a line to bounce over side to side. Remember to jump with both feet together.	Complete the following workout: (Repeat 5 times and have 30 seconds rest between each activity) 1. 30 seconds of Sit ups 2. 30 seconds of squats 3. 30 seconds of push ups 4. 30 seconds of burpees	How many times can you walk up your stairs in a day? (pop a piece of paper or notepad at the top & jot down each time you go up)	Make a playlist of 5 or more of your favourite songs. Press play, can you stay active throughout the whole playlist. Try jumping, dancing, planking and whatever else keeps you working out!
Physical Literacy	Try our 10 on, 10 off challenge. Read for 10 minutes or 10 pages and then exercise for 10 minutes!	Write a report or story about your favourite sporting moment. Feel free to share your stories/reports with us via email.	Create a poster or leaflet that explains why it is important to stay active during lockdown. Share them with us via the email addresses above and we will share them on our twitter account.	Solve our sports anagrams (All competitors): 1. Steenboks 2. Hale Own Limits 3. Intel Wheel	Try out one of the cross curricular challenges from the video below: <a href="https://www.youtube.com/watch?v=xYwcoNhgdk0&amp;feature=emb_logo">https://www.youtube.com/watch?v=xYwcoNhgdk0&amp;feature=emb_logo</a>
Physical Numeracy	Play our T20 cricket game that can be found on our website: <a href="https://ruralderbyshiressp.org.uk/home-activity-challenges/">https://ruralderbyshiressp.org.uk/home-activity-challenges/</a>	How many times can you walk up your stairs in a day? If each step is roughly 20cm, how high have you climbed in a day?	Measure your resting heart rate. Do 5 minutes of activity and remeasure your heart rate. How much has it increased by? And how long does it take to return to normal?	Try out one of the cross curricular challenges from the video below: <a href="https://www.youtube.com/watch?v=xYwcoNhgdk0&amp;feature=emb_logo">https://www.youtube.com/watch?v=xYwcoNhgdk0&amp;feature=emb_logo</a>	Try and create maths problems using results from the 2016 Olympics. For example, what was the average time in the 100m final. (Make questions as easy or as difficult as you like).
Creative	Draw a map of your house and hide treasure around the house, can your family members navigate your map to find your hidden treasure	Using plastic cups, see if you can create your own rhythm/song. See link below for the cup song: <a href="https://www.youtube.com/watch?v=Y5kYLOb6i5I">https://www.youtube.com/watch?v=Y5kYLOb6i5I</a>	Create a board game that has an element of physical activity.	See if you can create your own version of the Haka: <a href="https://www.youtube.com/watch?v=yiKFYTFJ_kw">https://www.youtube.com/watch?v=yiKFYTFJ_kw</a>	Try and go the whole day without saying 'mum' or 'dad'. If you say either word do 10x star jumps, sit ups, push ups etc. (Can your whole family go the whole day?)

**Remember, it is important for children and adults to stay active during these tough times. Please do not hesitate to contact us if there is anything we can help with!**