

Personal Best

Challenge 1

Time yourself! How long can you balance on one foot? Now balance on the other foot.

Top Tip

Keep practising and see if you can beat your time.



Do mini squats as you balance.

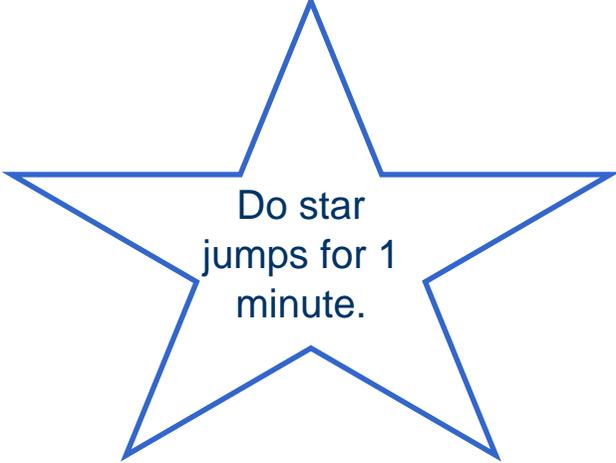
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Challenge 2

Do star jumps for 30 seconds. Count how many you can do.

Top Tip

Slow down if you get out of breath. Repeat and try to beat your score.



Do star jumps for 1 minute.

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Challenge 3

Hop on the spot on 1 foot. How many can you do in a row? Now try on your other foot.

Top Tip

Use your arms to help. Repeat and try to beat your score.



Hop around the area, trying to do big hops.

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Challenge 4

Can you sit down without using your hands? Now try standing up without using your hands.

Top Tip

Squeeze in your tummy muscles to help you balance.



Can you explain how you did it?

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Challenge 5

Place soft objects like cushions on the floor all around the space. Travel carefully around the space and try to leap over each object. How many objects can you leap over without touching?

Top Tip

Jump from one foot to one foot. Look forward as you leap.



Try out different jumps over the objects.

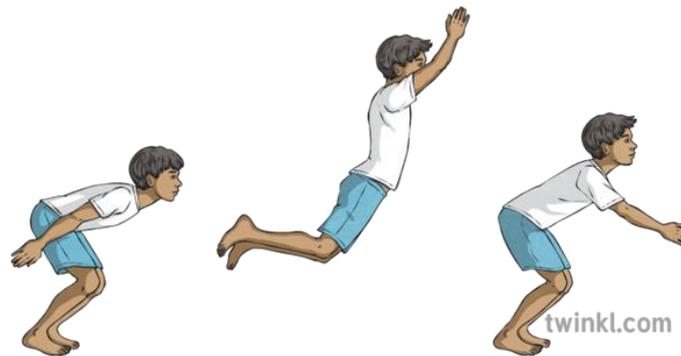
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Challenge 6

Measure how long the space is by doing standing long jumps. How many jumps did you do to reach the other side? Repeat. Can you get to the other side with fewer jumps?

Top Tip

Bend your knees and swing your arms to start. Bend your knees as you land.



Measure how long the space is by doing different jumps.

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Challenge 7

Put lots of small toys on the floor all around the space. Run to collect a toy and return it to your grown up before collecting another. How many can you collect in 1 minute?

Top Tip

Repeat the game and try to beat your score.



Explain what you had to do to collect the objects quickly.

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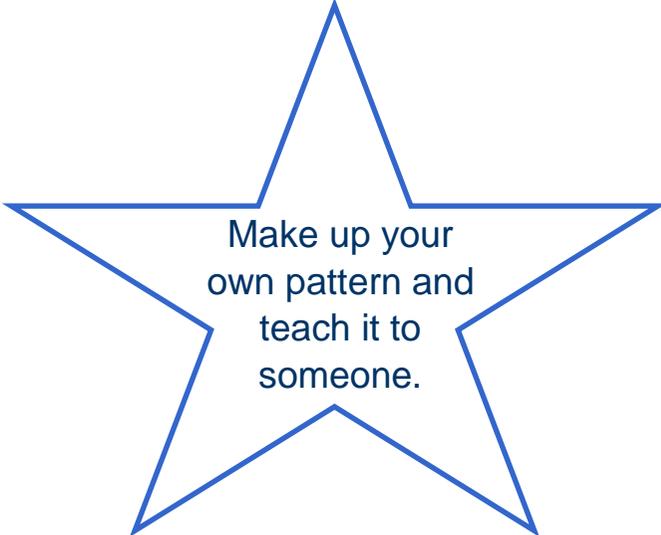
Challenge 8

Do these actions in order and keep repeating the pattern. How long can you do the pattern for?

Hop – Star jump – Touch the floor

Top Tip

Slow down and keep breathing if you get tired.



Make up your own pattern and teach it to someone.

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Challenge 9

Get a ball or if you don't have one, a pair of socks or a small teddy. Throw and catch the object with two hands.

How many times can you do this without dropping the object?

Top Tip

Track the object with your eyes as you throw it. Have your hands ready to catch.



Clap your hands before you catch the object.

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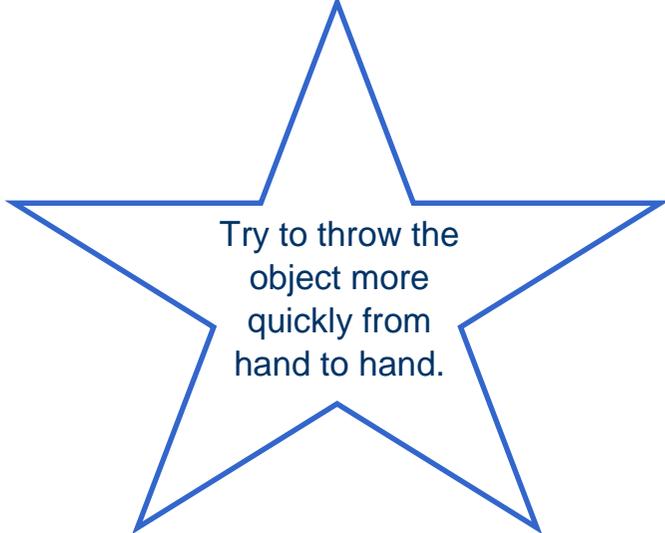
Challenge 10

Get a ball or if you don't have one, a pair of socks or a small teddy. Throw the object from hand to hand.

Count! How many times can you do this in 30 seconds?

Top Tip

Track the object with your eyes as you throw it. Do small throws to each hand.



Try to throw the object more quickly from hand to hand.

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Challenge 11

Get a ball or if you don't have one, a pair of socks or a small teddy. Sit down on the floor, put your legs in the air and bend your knees. Pass the object from side to side, touching the floor each time.

Count! How many times can you do this in 30 seconds?

Top Tip

Squeeze your tummy muscles together.
Try to keep your legs still in the air.



Try to pass the ball from side to side more quickly.

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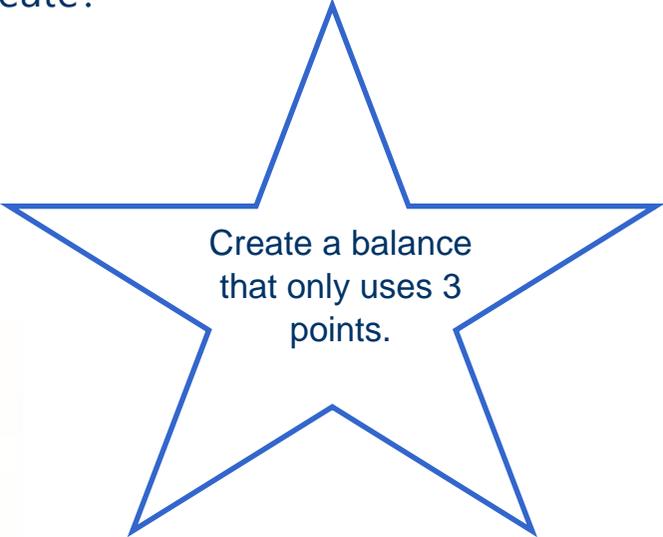
Challenge 12

A **point** is a small body part (hand, knee, foot, elbow). Can you create a balance using 4 points?

How many different 4 point balances can you create?

Top Tip

Squeeze your muscles to keep still.
Hold the balance for 5 seconds.



Create a balance that only uses 3 points.

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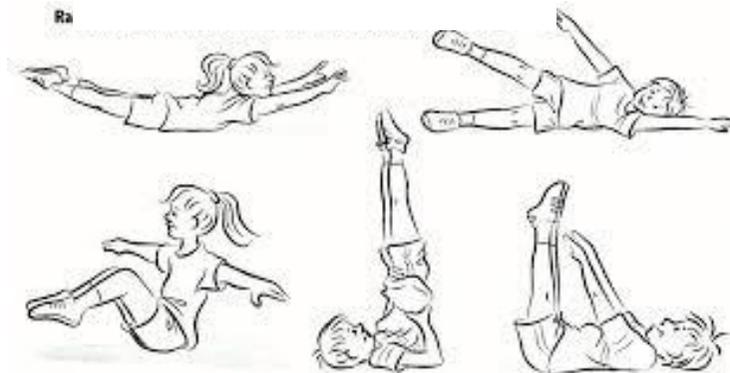
Challenge 13

A **patch** is a large body part (back, bottom, tummy, side, shoulders). Can you create a balance using only 1 patch?

How many different 1 patch balances can you create?

Top Tip

Squeeze your muscles to keep still.
Hold the balance for 5 seconds.



Create a balance
with 1 patch and
1 point.

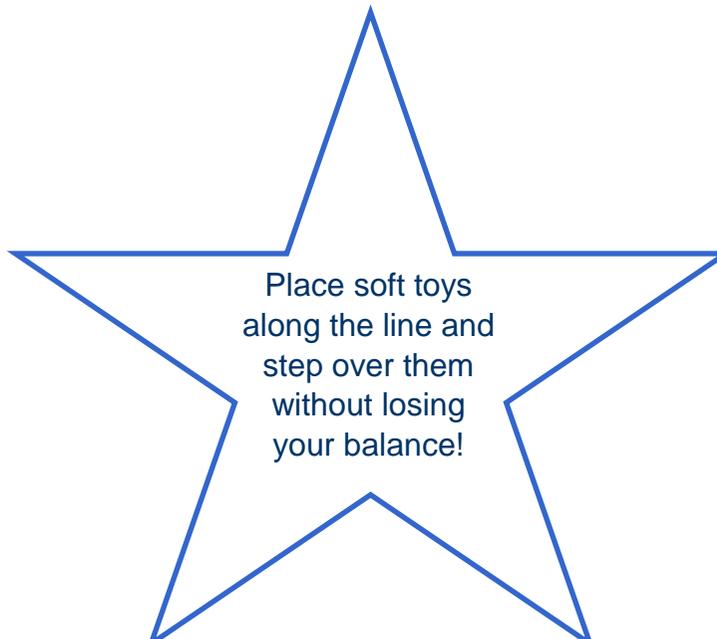
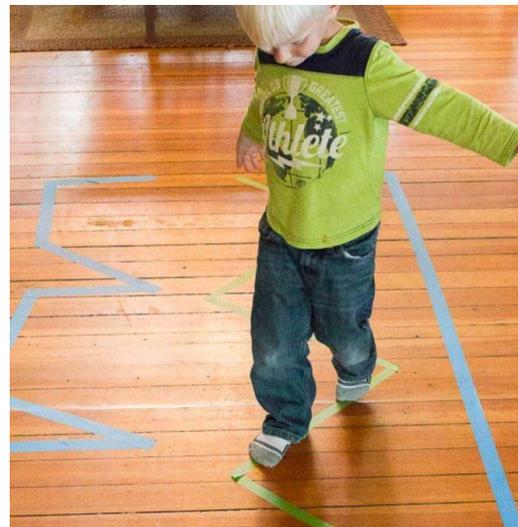
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Challenge 14

Place a skipping rope, a piece of string or sticky tape on the floor to create a long line. Try to walk along the line without falling off! Explore travelling along the line on your tiptoes, on your heels and sideways.

Top Tip

Hold your arms out to the side to help you balance. Look forward as you travel.



Place soft toys along the line and step over them without losing your balance!

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Challenge 15

With help from your grown up, create a mini obstacle course using tables, chairs and other large items you can crawl through. Can you crawl and slide without touching any of the objects?

Top Tip

Look where you are going. Change your speed so you have good control of your movements.



Place soft toys along your obstacle course for you to crawl over without touching!

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Challenge 16

Ask your grown up to play your favourite song. Dance to the song with **lots** of energy! When your grown up stops the song, you need to freeze! Can you keep your whole body still without wobbling?

Top Tip

Try to stay in a bubble space as you dance. Stay focused when you are standing still.



Do a balance every time the music stops.