

Multi- Skills 6 Week Active Kids Challenge

Congratulations to all of our winners! Check back each week to our challenge champions.

Week 1

Class	Skill – Stork Stand	Challenge – 1 Min shape run
Green	Paddy	Alex
Yellow	Blake	Nathan
Orange	Oscar and Lucas	Oscar
Blue	Ella-Grace	Tom and George



Standing Stork – Each child balanced on one foot and raised their other leg to their knee for as long as they could

Shape Run – Everyone took turns to run from a central cone to a cone on the outer circle, and back to the central cone each time as fast as they could!

The children also played **Domes and Dishes** where they worked in pairs to turn over as many cones as they could in 1 minute.

Week 2

Class	Skill – Cool hoops	Challenge – 1 Min Bench Steps
Green	Alex	Alex
Yellow	Blake,Jason,Isaac,Nathan,Charlotte	Charlotte
Orange	Helena	Jamie
Blue	William,Cayden,Johnathan,Tom	Johnathan

Cool Hoops – The children stood around a hoop and threw in bean bags, to make it harder they took a big step away and tried again.

The children also took part in a game called **Treasure Trove** where they used objects as treasure and had to collect them as quick as they could and put them in the treasure chest!



Week 3

Class	Skill – Ball Control	Challenge – 1 Min Target Practice
Green	Alex	Alex
Yellow	Isaac,George,Nathan	Nathan
Orange	Oliver,Jamie,Thomas,Oscar	Lucas,Thomas,Oscar
Blue	George	Ella-Grace

Ball Control: Using a football, each child dribbled the ball around a course. This was timed and they dripped the ball around cones.

Target Practice: Each child threw a ball at a target, standing from a distance.

The children also travelled in different ways when taking part in the new '**Hop in a Hoop**' game. The children ran, skipped, hopped and jumped. When given instruction 'HOP IN A HOOP!' the children stood in a hoop. If a number was added; 'HOP IN A HOOP 2', 2 children shared a hoop, and so on.



Week 4

Class	Challenge – Hoop Swap
Yellow	Charlotte and Nathan
Orange	Lucas and Jamie
Blue	William, Cayden, Johnathan and James

Hoop Swap: In partners, children had 25 seconds to roll or throw the hoop to each other as many times as they could! If it's dropped, players continue passing again and count from when where they left off. A point was scored for each successful catch

Children also played a game called '**Around the Block**'. In two teams players sat opposite each other forming two rows of equal numbers (the block). Each player and the player opposite them are given the same number, and when it is called out, each player stands up and runs around the block and return back to their position. Each child to return first was the winner!

Week 6

Class	Skill – Ultimate Obstacle	Challenge – 1 Minute Hot Potato
Yellow	Jurgen	Draw (15)
Orange	Thomas	Draw (5)
Blue	James	Draw (7)

Ultimate Obstacle: The groups were divided into teams of three or four and set up a relay obstacle course for each team. Four tasks were carried out per player, then the next player would go.



- A to B: Dribbled a ball between cones
- B to C: Balanced a ball on a rocket
- C to D: Balanced along a low beam
- D to E: Raced back alongside the course to tag the next replay player. Ran, skipped or hopped!

1 minute 'hot potato' challenge: In small groups, players threw or passed the ball between them, trying to catch it as many times as possible in a minute. If it was dropped, players continued passing again and counted from where they left off. A point was scored for each successful catch.

The children also played a game called **Cat and Mouse**. Players took turns to be either the cat or the mouse. There was one cat to begin with. The cats began at the side of the area 'asleep' and the mice found a space. The game began by calling "Wake up cats!". The cats woke up and tried to catch the mice. Once caught, a mouse became a cat and helped to catch the other mice.

