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# ACTIVE 15 MINUTES CHALLENGE

**#StayInWorkOut**

Week 4



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# ACTIVE 15 MINUTES CHALLENGE

The Croydon SSP Active 15 Minutes Challenges have been created to help children and young people remain active and improve their skills whilst at home. As we are sure you are aware, the government promotes that children and young people should participate in at least 60 active minutes a day. With school closures, social distancing and self-isolation, it is vital that we are still active and this resource will give you some ideas on how you can achieve this. It will also help alleviate some of the boredom of being stuck indoors at this delicate time. Adults are encouraged to join in and make it into a family challenge!

## Key Points:



### Active 15 Minute Challenge Format:

- Every Day - There are daily challenges for each day of the week which focus on various different sporting skills.
- Be Creative - Feel free to add in your own combination or rules and make the challenge work for your environment.
- Try and Try again - The main thing is that you are giving it a go.
- Share - Your teacher may give you a platform to upload your challenge video on so you can share and have fun with your class!



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### Active 15 Min Challenge: **Scorcher**

- **Equipment:** : A number of small items (socks, tennis balls or small soft balls) and a bigger item as a target (swiss ball or football)
- **Multi Skill:** Coordination and Throwing
- **Space:** Enough to be able for the large target to be move across a room or on a surface

#### Challenge:

- Put down a throwing line which you have to throw from behind.
- Put down a finish line however far distance you think will be a good challenge for you.
- Place your large target in the middle of your area.
- Your challenge is to throw your smaller items at the target to get it to past your finish line.
- See how many throws it takes for you to complete! Have a number of turns to see what personal best you can get!



**Making It Harder:** Move your throwing line further back so the distance you have to move the target is bigger or maybe only throw with your weaker hand

**Making It Easier:** Move you throwing line closer or see if you have a larger item that you can use as a target

**Challenge Question:** Can you add in any other ways of throwing whilst you taking part?



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### Active 15 Min Challenge: **Wrap Around**

- **Equipment:** A ball, beanbag or sock and lots of enthusiasm
- **Multi Skill:** Coordination and Balance
- **Space:** Enough to safely move an item around your body

#### Challenge

- Start by holding the ball in both hands just above your waist. You need to wrap the ball around your waist by moving it behind your back and then back to your front. That equals 1 rotation. How many can you do in 30 secs? Have a couple of turns and see what your personal best is!
- Progress by now having to rotate the ball in-between each leg. Once you are back to where you started that equals 1 rotation. How many can you do in 30 secs? Have a couple of turns and see what your personal best is!
- Progress by putting both exercises together so 1 rotation now is around your waist then in-between each leg. How many can you do in 30 secs? Have a couple of turns and see what your personal best is!



**Making It Harder:** Try and do the challenges whilst sitting on your bottom and having your legs slightly raised off the ground which will work your core muscles also!

**Making It Easier:** Try and start by just rotating the item around your head as it's a smaller rotation.

**Challenge Question:** Can you come up with any other rotation combinations that you could do?



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### Active 15 Min Challenge: **Timber**

- **Equipment:** Some socks rolled up, beanbags or tennis balls (if you have them) and some targets (e.g. bottles of water or skittles)
- **Multi Skill:** Throwing
- **Space:** Enough to throw some items to land a safe distance away from you



#### Challenge:

- Place your targets at a distance you think will challenge you and set them up in a triangle formation.
- Your challenge is throw your smaller items and try and knock down your targets. You can either time yourself or see how many throws it takes to knock down all your targets.
- Have 3 attempts and see how long it takes you or how many throws you can get on each round.



**Making It Harder:** You can make the distances between the targets bigger, add in some obstacles in between the targets or you can throw the items whilst balancing on leg.

**Making It Easier:** You can make the distances between the targets smaller or you could use a bigger item to knock the targets down.

**Challenge Question:** Can you think of any other multi skills you could bring into this challenge to make it harder?



### Active 15 Min Challenge: **Beanbag Shuffle**

- **Equipment:** small items such as rolled up socks or beanbags (if you have them)
- **Multi Skill:** Agility, Balance & Coordination
- **Space:** Enough to move safely and place items



#### Challenge:

- Setup a bucket or box at the end of your area and have a start line opposite where all your items are.
- Your challenge is to place the item on one of your feet and then balance it all the way to your bucket/box and place it in without using your hands. See how long it takes you to get all the items in the bucket/box.
- Have a couple of go's and see what your personal best is.
- If you drop the item whilst moving towards the target, then you can decide if you continue from where you are or if you have to return from the start.

**Making It Harder:** You could set yourself a timer and see how many items you can move over in that time limit such as 10 seconds or travel only using a certain method such as bunny hops.

**Making It Easier:** You can remove some of the targets so you have to move less items.

**Challenge Question:** Can you add in any other ways of moving when you are moving in-between the lines?



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## Active 15 Min Challenge: **Freestyle Fridays**

- **Equipment:** Whatever you can find and are allowed to use!
- **Multi Skill:** : As many as you can include
- **Space:** Make sure you have enough space to safely play your game

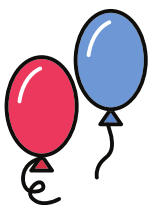
### Challenge:



- You are to create your own fun challenge and have a go at playing it. If you can try and link it to skills, you would see in tennis.
- Once you happy with your game, teach it to a sibling or parent and get them to play it.
- Don't forgot to think about ways to make your game easier or harder.

Why not sent in your game to your school teacher and ask them to play also!

Don't forget to tweet us [@croydonssp](https://twitter.com/croydonssp) with all your great ideas!



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videos!**

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