



WHFCS Nursery PE

ChALLENGE

WHFCS Challenges

At home this week we have a range of challenges for you to do. I would like you to try your best and stay active!

Warm up – Traffic lights

Find a space in your garden or safe space in your house, ask a parent or family member to read out the instructions. **Red** – Stop, **Yellow** - Run on the spot, **Green** - Run around the area, **Roundabout** - Turn round once, **Motorway** – Sprint on the spot, **Speedbump** - Jump and carry on.

1. Air Balloon challenge

You need a balloon or soft teddy and attempt to keep them off the ground for 60 seconds. You have five attempts; every time the balloon or teddy touches the floor, you lose an attempt.



2. Ready, Steady , GO!

I would like you to set up a home station, which could be a pillow or a chair and find items around your house, which match the following words and colours. Your family member will set you a time limit for you to go, get, and bring back, good luck!

BLUE **CIRCLE** **RED** **TEDDY** **SQUARE**
BLACK **GREY** **BROWN** **LETTER A** **LETTER P** **LETTER C**

Find something, which starts with the same letter as your name.





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3. Balancing my little friend

Within this challenge you need to find a teddy or a beanbag, you need to find space on the floor or in the garden. You then can attempt to complete the challenges-

Challenge 1- Can you balance the item on your body still?

Challenge 2- Can you balance the item still on different parts of the body?

Challenge 3- How long can you balance the item for?

Challenge 4 – Can you pass the item to your helper using your feet, hands or elbows?



4. Bowling

In the activity you are going to some different challenges, you need to set up a challenge area, you need some empty bottles, a pillow and an empty box a ball and beanbag, and this could be a cereal box.

Challenge 1- Aim to throw the beanbag on the pillow from different distances.

Challenge 2 - Aim to throw the ball in the cereal box at different distances.

Challenge 3 – Aim to bowl over the bottles from a range of distances.



Cool down – Changing the channel

You will move an area when your helper says **Channel 1** – you will jump around, **Channel 2-** you will walk around, **Change the channel** - you will freeze.

