



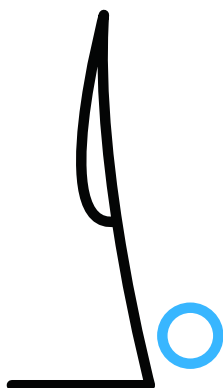
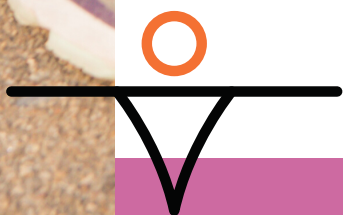
CROYDON
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ACTIVE 15 MINUTES CHALLENGE

#StayInWorkOut

Week 3





**CROYDON
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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: **Messy Rooms**

- **Equipment:** Small Toys, Balls, Socks or anything you can think off & a bucket or box to put your items in
- **Multi Skill:** Coordination and Balance
- **Space:** Enough to spread the items around the room or garden and enough space to move around safely.



Challenge:

- Select a bunch of your items and spread them round in your area. The challenge is you have to see how quick you can collect the items and place them back into the box or bucket.
- You can only collect one item at a time.
- Once finished record your score and replace your items and see if you can beat your previous score.



Making It Harder: Create a random order in which you have to collect the items in and write this order down and give yourself 60 secs to remember it. Then try to collect all the items in the right order without looking at the list.

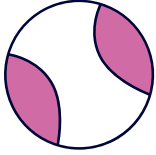
Making It Easier: Have less items out in your area or work with a parent or sibling to make the challenge faster.

Challenge Question: Can you add in any other ways of moving whilst you are collecting the items and moving around your area?





Active 15 Min Challenge: **Ball Balance**



- **Equipment:** A ball, beanbag or sock and lots of enthusiasm
- **Multi Skill:** Coordination and Throwing
- **Space:** Enough to safely move around and throw an item into the air



Challenge

- Start by laying on your back with your knees bent and having the item in your hands. The challenge is to throw the item up into the air and stand up. You need to attempt to catch the item in your hands once you stood up.
- Give yourself 3 points if you catch it before the item hits the floor or 1 point if you catch it after it hit's the floor. Have 5 attempts and see what score you can get.
- Progress by throwing the item up from one hand when sitting down but once you stand up, you have to attempt to catch in the opposite hand.



Making It Harder: You can perform the challenge whilst lying flat at the start when you throw the item up into the air to make it harder to stand up.

Making It Easier: You can perform the challenge whilst starting on your knees when you throw the item up into the air to make easier to stand up.

Challenge Question: Can you come up with any other ways to start the challenge or add in other movements related to tennis?





Active 15 Min Challenge: Target Toss



- **Equipment:** Some socks rolled up or beanbags (if you have them) and some targets (e.g. plastic/paper plates or small towels)
- **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 you will need at least 4 targets and 4 throwing items. Give your targets different scoring points with the closest being the easiest and the furthest away being the hardest.
- Your challenge is throw the items and get them to land on the targets to win the points. The item has to fully stay on the target for the points to count.
- Have 3 attempts and see how many points 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 play as long as the item hits the target then you get the point.



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





Active 15 Min Challenge: **Super Switch**

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



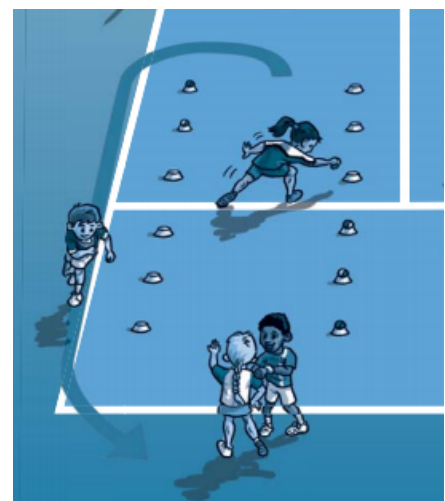
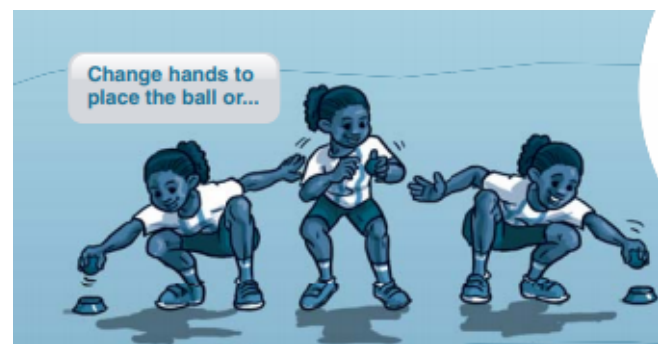
Challenge:

- Setup 2 straight lines of targets which are equal distance away from each other. Then place the small items on the targets on one vertical line only.
- The challenge is to move the small items from one vertical line to the other. You have to pick up and place the items with 2 hands and can only pick up 1 item at a time.
- See if you can record your time and have a couple of attempts to see what personal best time you can get.

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?





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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Have Fun!

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videos!**

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