



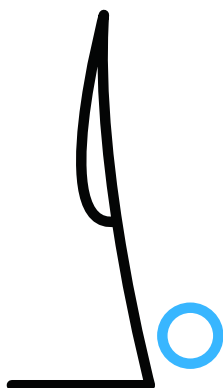
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# ACTIVE 15 MINUTES CHALLENGE

**#StayInWorkOut**

Week 5





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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: Fish & Chips



- **Equipment:** A tennis racket or frying pan and an smaller item that can be hit up into the air (tennis ball, soft ball or rolled up sock)
- **Multi Skill:** Hand and Eye Coordination and Agility
- **Space:** Enough to space to be able to hit the smaller item up into the air and be able to move

#### Challenge:



- Put down some cones to make a box for yourself, you can decide how big you want it to be. You will need to try and stay within the box whilst doing the challenge.
- Your challenge is to see how many tennis keepy-uppies you can do but with a twist. After each time you hit the item, you need to flip your tennis racket onto its opposite side and hit it on that side. See how many keepy-uppies you can do!
- Progress by giving yourself a time limit and see how many keepy-uppies you can do in that time. Can you beat your personal best?

**Making It Harder:** Make your box a bit smaller so it is harder to do the keepy-uppies

**Making It Easier:** Make your box a bit bigger or you can allow the ball to bounce before you hit it up in the air

**Challenge Question:** Can you add in two tennis balls and keep them up in the air at the same time?





## Active 15 Min Challenge: Cha Cha Slide & Bring Sally Up Challenge

- **Equipment:** Just your own body
- **Multi Skill:** Core
- **Space:** Enough to safely move in your area

### Challenge

- Firstly, you will take part in the bring sally up squat challenge. This will test your leg muscles. [Click on the link here](#) and see how far you can go
- Your next challenge is to take part in the cha cha slide plank challenge. This will test your core muscles. [Click on the link here](#) and see how far you can go



**Making It Harder:** Try and do the challenges twice through and see if you can complete it

**Making It Easier:** You can take breaks if you are finding it too hard

**Challenge Question:** Can you come up with any other musical challenges linked to fitness challenges?





## Active 15 Min Challenge: **Target Throw**

- **Equipment:** Some smaller items (rolled up socks or small soft balls) and a target (a bucket or box)
- **Multi Skill:** Throwing & Coordination
- **Space:** Enough to perform the activities safely without hitting anything

### 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 use the crow hop and throw technique to throw all your items into the target. You can only throw from behind your throwing line and the smaller item has to start on the floor.
- See if you can get all your items into your target.



**Making It Harder:** You could move your throwing line further away from the target so you are throwing over a longer distance and add in a time limit.

**Making It Easier:** You could move your throwing line closer to the target so you are throwing over a shorter distance.

**Challenge Question:** Can you use your non dominant hand to throw the items into the target?



### Active 15 Min Challenge: **Curling**

- **Equipment:** a hockey stick (broom or mop would work), small items such as rolled up socks or soft balls (if you have them) & some cones/markers.
- **Multi Skill:** Hand/Eye Coordination & Agility
- **Space:** Enough to move safely move through the cones



#### Challenge:

- Setup a straight line of cones with equal gaps and have one end as the start and one end as the end. Place all your items at the start.
- Your challenge is to use your hockey stick to move your items in and out of the cones and get your items to the other end. You can only move one item at a time. See how long it takes you to complete.
- Once complete, try again and get the items back to where they started. How long can you complete it in?

**Making It Harder:** You could add more cones to your line so you can be moving over a longer distance and maybe add in a gate to pass your item through.

**Making It Easier:** You could remove some cones from your line so you are moving over a shorter distance.

**Challenge Question:** Can you complete the challenge whilst moving backwards?



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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 Athletics.
- 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!

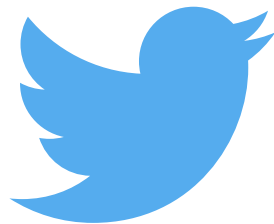




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**Have Fun!**

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