

KS1

Challenge 1- Bunny Hops

How many bunny hops can you do in a row?

Are you able to place a soft object underneath you and bunny hop over it?

Remember to keep your arms straight, hop as high as you can and point your feet.

Question- How can you make the bunny hop movement more challenging?

Challenge 2- Jogging, Sprinting and High Knees

Can you jog on the spot for 30 seconds without stopping?

Can you sprint on the spot for 30 seconds without stopping?

How many high knees can you do in a row?

Remember to show the difference between jogging, sprinting and high knees.

Research- Write down or tell somebody in your household why it is important to stretch in the warm-up?

Challenge 3- Experimenting with Twists and Turns

Are you able to do a jump half turn or even a full turn?

Can you spin around in a circle?

Remember to focus on a point in front of you, use your arms to help you turn and hold your landing for at least 3 seconds.

Idea- Can you demonstrate 3 different ways of turning or twisting?