




EYFS and KS1

Sport Challenges- Week 2 Term 4

Challenge	Task
<p>Challenge 1- Leg Scoops</p> 	<p>How many leg scoops can you do in a row? Remember to take your time during this exercise. See how many you are able to do in a row without stopping. Can you try and do 5 leg scoops?</p> <p>Research- Research or ask somebody in your household about the rules of a sport. Here are some options-Football, Tag-Rugby, Cheerleading, Tennis, Gymnastics or Cricket.</p>
<p>Challenge 2-Chair Sit</p> 	<p>How long can you hold chair sit for against a wall? Remember to try and stay as still as you can in your chair sit position! Make sure you count how many seconds you can hold the position for.</p> <p>Question- How can you make this exercise more challenging?</p>
<p>Challenge 3- Dance Movements</p> 	<p>Can you remember all 8 dance movements? See if you can put each movement together to make the sequence flow. To challenge yourself, see if you can add your own movements to the end of the sequence.</p> <p>Idea- See if you can now put these dance moves to a piece of music. You may need to change the speed of the movements!</p>