

# Home Learning Challenges! DAY 1: Over a line / cone

*5 Exercises: 30 seconds per exercise / 30 seconds rest = 5 minutes Super Challenge Globe Jumps (4 boxes)*

**1**

**Jump Side to Side**

**2**

**Jump Forwards / Backwards**

**3**

**Leg Switches Forwards / Backwards**

**4**

**Criss-Cross**

**5**

**5 of all of the above**

# Home Learning Challenges! DAY 2: All around a perimeter

*5 Exercises: 30 seconds per exercise / 30 seconds rest = 5 minutes Cool Down Heel to Toe*

1

Running

2

Sidesteps

3

Heel Flicks

4

Skipping

5

High Knees

# Home Learning Challenges! DAY 3: Co-ordination focus

*5 Exercises: 30 seconds per exercise / 30 seconds rest = 5 minutes*

**1**

**Pat Head / Rub Tummy / Reverse**

**2**

**Opposite Arms Circling**

**3**

**Clockwise / Anti Clockwise Circles**

**4**

**Figure of 8 / Forwards / Backwards**

**5**

**Opposite Star Jumps**

# Home Learning Challenges! DAY 4: Along a line

*5 Exercises: 30 seconds per exercise / 30 seconds rest = 5 minutes*

**1**

**Side to Side Jumping**

**2**

**Leg Switches Forwards / Backwards**

**3**

**Heel to Toe**

**4**

**Bunny Hops / Kicking Horses**

**5**

**Sidesteps / Floor Touch**

# Home Learning Challenges! DAY 5: Body Weight Management

*5 Exercises: 30 seconds per exercise / 30 seconds rest = 5 minutes*

**1**

**Walk Hands Out / Back + 5 Out to In**

**2**

**Hot Hands + Mountain Climbers**

**3**

**All 4s Toe Touch: Front**

**4**

**All 4s Toe Touch Back**

**5**

**Sideways Plank Walk**