



## Hoops Challenge

JOIN US:  
MOVE.PLAY.

- Twirl on left arm x 5
- Twirl on right arm x 5
- Drop hoop on the floor **then** Jump in the hoop **then** Lift the hoop over body and hold in the air and shout JOIN US MOVE PLAY!

### Level up!

➡ Race against other players

### Consider

- Small hoops for the children, large hoops for adults



## Hoops Variations

JOIN US:  
MOVE.PLAY.

- Twirl the hoop around a leg x 5
- Hula hoop around the body x 5
- How long does it take to get everyone through the hoop?



## Household Circuits

JOIN US:  
MOVE.PLAY.

- Carry milk bottle to the line, put it down, turn around, pick up the milk bottles and return to the beginning
- Move the household items one at a time from line to line
- Sit on the floor, knees bent if possible, and move the bag from side to side
- Arms in front, looking forward, slowly sit on the chair and stand up again



## Household Circuit Variations

JOIN US:  
MOVE.PLAY.

- Use larger or smaller containers
- Add squats or star jumps into the sequence



## Hopscotch

JOIN US:  
MOVE.PLAY.

- Hop on square number 1, jump one foot on square number 2 and one foot on square number 3
- Hop one foot on square number 4 continue the sequence all the way to number 10 and turn around
- Jump / hop all the way back to the start
- Pick a number throw a bean bag on that square hop/ jump down the grid missing out this number
- Pick up the marker on the way back up the grid

### Level up!

➡ Play against someone using all the numbers in turn. Miss a turn if your marker doesn't land on the correct number or you touch the lines



## Hopscotch Variations

JOIN US:  
MOVE.PLAY.

- Mark out the board using chalk or string
- Create different board layouts e.g. snail, triangle
- Use different sized squares
- Put a gap in the board requiring a large jump
- Time the players



## Wall Ball

JOIN US:  
MOVE.PLAY.

Throw a ball against the wall and catch it, with an added challenge each time!

- Throw and catch it **x 6**
- Throw let it bounce and catch it **x 5**
- Throw the ball under your leg and catch it **x 4**
- Throw a ball clap and catch it **x 3**
- Bounce it on the floor to the wall and catch **x 2**
- Throw the ball turn around and catch it **x 1**

You must complete each step without dropping it before moving on!



## Wall Ball Variations

JOIN US:  
MOVE. PLAY.

- Try using different balls
- Make up new challenges e.g. head the ball
- Complete using right hand only
- Complete using left hand only





## Elastic Jump Rope

JOIN US:  
MOVE. PLAY.

With the elastic stretched around two people's ankles to make a rectangle stand facing one end of the rectangle

- Jump astride the left elastic
- Jump astride the right elastic
- Jump astride the left elastic
- Jump astride the right elastic
- Jump both feet inside the elastic
- Jump both feet outside the elastic
- Jump one foot on each elastic

Take turns.

### Level up!



If a player makes no mistake the elastic is moved higher on the next go!



## Elastic Jump Rope Variations

JOIN US:  
MOVE.PLAY.

- Use chairs to hold the elastic to reduce the number of players
- Create a rhyme: England, Ireland, Scotland, Wales, inside, outside, inside, on.
- Try different variations of jumps



JOIN US:  
MOVE.PLAY.

Place twelve cups on the ground in a grid: Six cups upright and six cups upside down.

- **Player one** has to turn all the cups upright
- **Player two** has to turn all the cups upside down
- Set the timer for 60 seconds. Ready Steady Go!
- Count down the last ten seconds.

Player one wins if more cups are upright or player two wins if more cups are upside down when the time runs out.



## Cups Variation

JOIN US:  
MOVE. PLAY.

- Make the grid of cups bigger
- Increase the time



## Obstacle Relay

JOIN US:  
MOVE.PLAY.

Travel:

- In and out of the cones
- Over the stepping stones
- Back over the stepping stone
- Back in and out of the cones

Complete the obstacles

1. In as short a time as possible
2. Balancing a ball on the baton
3. Balancing a bean bag on head



## Obstacle Relay Variation

JOIN US:  
MOVE.PLAY.

- Create different courses