

# Year 3 & 4 Active Challenge

## ACTIVE SIGNS

- Is your heart beating fast?
- Are you breathing faster and deeper?
- Do you feel warm or hot on your head?

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|---|---|--|
| <p style="text-align: center;"><u>Autumn 1</u></p> <p>Can you jog around an area for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Autumn 2</u></p> <p>Can you jump side to side (2 footed) for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Spring 1</u></p> <p>Can you do moving star jumps in an area for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p>   |
| <p style="text-align: center;"><u>Spring 2</u></p> <p>Can you hop scotch for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p>         | <p style="text-align: center;"><u>Summer 1</u></p> <p>Can you side step in an area for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p>         | <p style="text-align: center;"><u>Summer 2</u></p> <p>Can you copy the active movement pattern for as long as you can? 20 jogs on the spot and 20 star jumps.</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> |

