

Year 5 & 6 Active Challenge

ACTIVE SIGNS

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

<p style="text-align: center;"><u>Autumn 1</u></p> <p>Can you jog around an area for as long as you can and time and measure your distance?</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 10 star jumps and 10 sprints on the spot as quickly as you can and 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 do as many different types of jumps as you can 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 changing direction 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 design your own active challenge pattern and keep repeating it for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p>

