






EYFS & KS1

<u>Challenge</u>	<u>Task</u>
<p>Challenge 1– Touch The Toy</p> 	<p>How many toys can you touch in 1 minute?</p> <p>Start at your starting point, stay low and in the 'ready' position, move as quick as you can to the toy and back to the starting point. Remember speed and agility is key for this one, the more we practise the better we'll become.</p> <p>Question – Can you think of two more ways we can move when trying this challenge?</p>
<p>Challenge 2– Using Our Feet</p> 	<p>How many times can you move the socks in one minute?</p> <p>Try your best for this one, it's tricky! Keep your eyes on the socks and take your time. If you find it hard you can use something larger than socks, maybe a cushion? Make sure you check with someone at home before you start using it though!</p> <p>Idea – Can you draw yourself in a colourful football kit?</p>
<p>Challenge 3-Toilet Roll Stack</p> 	<p>How many times can you knock the stack over in 1 minute?</p> <p>Bring your arm down in a straight line and finish with it pointing at the stack. Let go at just the right time and try your best, the more times you play the higher you'll score. See if you can challenge someone at home.</p> <p>Research – Can you find two or more sports that require throwing at targets?</p>