**Movement and activity grid**

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| **Compass challenge**  You will need a safe space, nine small items (beanbag or socks rolled up) and a timer.  Place the 8 small items in the shape of a compass and the remaining item in the middle. Start in the middle and on 'Go' run in order to collect each item. Place it back in the middle. Then return them back to their original place. How long does take you? If you have a bigger space, make your compass bigger. Repeat lots of times. | **Combat circuit**  Complete these activities. Try and do them one after the other before having a rest.  \*Commando crawl (forwards for 5 seconds and backwards for 5 seconds repeat)  \*Climb the ladder (20 seconds) Star Jumps (20 seconds)  \*Squat and jump (20 seconds)  \*Leg kicks (alternate for 20 seconds)  \*Fast feet (20 seconds)  Easier way: Complete each exercise once for 15 seconds. Rest then repeat. Harder way: Complete each exercise for 30 seconds and perform the circuit twice before resting. | **Mindfulness** Sit or stand in a relaxed position in your chosen space.  Breathe deeply five times and feel your muscles relax.  Listen — what can you hear? If you can hear lots of sounds, choose your favourite one and focus on that.  Be still and quiet. Listen for a few minutes.  On a piece of paper write down or draw a picture of what you heard. Use your thoughts to make a picture and colour it in. |
| **Sport Dance**  Choose a sport to help you make a short dance. Let's start with Football!  Here are some important actions:   * Header— jump and use your head and then celebrate * Throw in — step, throw and run onto the pitch * Strike — kick and celebrate * Pass — move and pretend to pass * Dodge— imagine getting away from a defender. Try a side step * Tackle — pretend to tackle   Mime each action and link them together.  You could include some warm up actions too. | **Hold the plank**  How long can you hold the plank position for?  Make sure you have the correct body position.  Try and keep your body straight.  Have a rest and try and beat it! | **Sports charades**  You will need two people and a safe space.  Test your non-communication and observation skills with this game.  One person selects a sport and has 2 minutes to mime the sport to the other person. You cannot speak or write anything down — use actions only (one point).  Now try and select a technique within a chosen sort. For example, the serve in tennis. Your partner has to name the sport and the technique (two points).  Easier way: Choose an easy sport and technique.  Harder way: Choose 2 techniques, for example, in football or hockey, dribbling the ball and scoring. Your partner would get three points (one for the sport, one for dribbling and one for scoring). |