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ACTIVE 15 MINUTES CHALLENGE

#StayInWorkOut

Week 5



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ACTIVE 15 MINUTES CHALLENGE

The Croydon SSP Active 15 Minutes Challenges have been created to help children and young people remain active and improve their skills whilst at home. As we are sure you are aware, the government promotes that children and young people should participate in at least 60 active minutes a day. With school closures, social distancing and self-isolation, it is vital that we are still active and this resource will give you some ideas on how you can achieve this. It will also help alleviate some of the boredom of being stuck indoors at this delicate time. Adults are encouraged to join in and make it into a family challenge!

Key Points:

Active 15 Minute Challenge Format:

- Every Day - There are daily challenges for each day of the week which focus on various different sporting skills.
- Be Creative - Feel free to add in your own combination or rules and make the challenge work for your environment.
- Try and Try again - The main thing is that you are giving it a go.
- Share - Your teacher may give you a platform to upload your challenge video on so you can share and have fun with your class!



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Active 15 Min Challenge: Tunnelball

- **Equipment:** A small item (sock, tennis ball or small soft ball) and some bigger item as targets (cones or footballs)
- **Multi Skill:** Coordination and Throwing
- **Space:** Enough to space out the targets across your room or space



Challenge:

- Put down a throwing line which you have to throw from behind and place your targets in a straight line with equal distances between each target.
- Your challenge is to throw your small item to hit the closest target to you in the line. Once you hit it, remove it and then aim for the next target in the line. Remember you can only throw from behind your throwing line. Once you hit all the targets, reset your targets
- Progress by timing yourself and seeing how long it takes you to hit all the targets. Can you beat your personal best?

Making It Harder: Move your throwing line further back so the distance you have to throw is bigger or maybe only throw with your weaker hand.

Making It Easier: Move your throwing line closer or remove some targets.

Challenge Question: Can you add in any other ways of throwing whilst you are taking part?



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Active 15 Min Challenge: Fantastic Footwear

- **Equipment:** Some cones or socks
- **Multi Skill:** Coordination and Balance
- **Space:** Enough to safely move in and out of the cones



Challenge

- Start by placing your cones/socks in a straight line with enough space in-between each cones/sock to be able to move within it.
- Your challenge is to start at one end of the cones/socks and move between the gaps. Once you get to the end of the cones/socks, return back through the gaps to where you started. That equals 1 rep. Complete 3 reps for each round.
- Progress by changing the movements to the following: sideways moving, 2 footed jumps, 1 footed hopping, hopscotch and traveling backwards.

Making It Harder: Try and do the challenges whilst timing yourself for each movement or try and complete the challenge whilst balancing an item e.g.: beanbag on your head.

Making It Easier: You can shorten the rep by only doing the movement down the cones/socks and once you get to the end, you can simply walk back to the start.

Challenge Question: Can you come up with any other ways to work on your footwork?



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Active 15 Min Challenge: Workout Wednesdays

- **Equipment:** None just some enthusiasm and a willingness to work hard!
- **Multi Skill:** Core workout
- **Space:** Enough to perform the activities safely without hitting anything

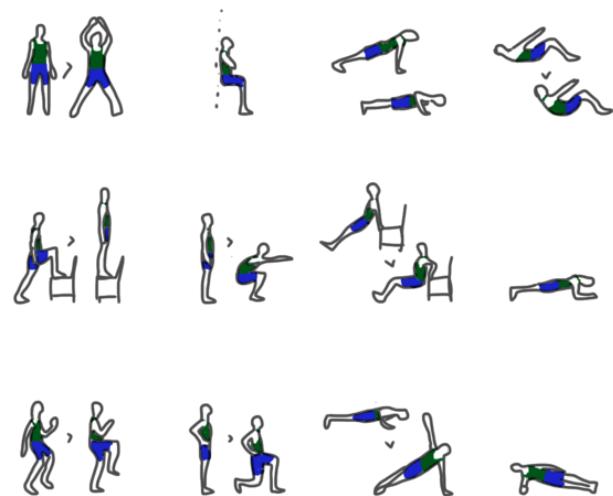
Challenge:

- Your challenge to complete 8 different exercises for 30 seconds each and then repeat the workout two more times. Each round will last 4 mins and then you will have a 1 min rest in-between each round.
- The exercises are the following: jogging on the spot, burpees, lunges, high knees, mountain climbers, star jumps, squats, press ups.
- Make sure you research how to do each exercise before you start!
- Always remember to stretch before you start so your muscles are ready!

Making It Harder: You can perform each activity for 45 secs and have a shorter rest between each round.

Making It Easier: You can perform each activity for 25 secs and have a longer rest between each round.

Challenge Question: Can you think of any different exercises that you could do to make this challenge to make it harder?





Active 15 Min Challenge: Race The Clock

- **Equipment:** small items such as rolled up socks, soft balls or beanbags (if you have them) & a target (bucket or a box)
- **Multi Skill:** Throwing & Coordination
- **Space:** Enough to throw safely items into a target



Challenge:

- Setup a bucket or box at the end of your area and have a start line opposite where all your items are.
- Your challenge is to throw all your items into the target and see how fast you can do it. You can only throw from behind your throwing line. See how long it takes you to get all the items in the bucket/box.
- Have a couple of go's and see what your personal best is.

Making It Harder: You could move your throwing line further away from the target so you are throwing over a longer distance.

Making It Easier: You could move your throwing line closer to the target so you are throwing over a shorter distance.

Challenge Question: Can you add in any other ways of throwing the items into the targets? E.g. whilst balancing on 1 leg or whilst facing sideways.



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Active 15 Min Challenge: Freestyle Fridays

- **Equipment:** Whatever you can find and are allowed to use!
- **Multi Skill:** As many as you can include
- **Space:** Make sure you have enough space to safely play your game



Challenge:

- You are to create your own fun challenge and have a go at playing it. If you can try and link it to skills, you would see in Athletics.
- Once you happy with your game, teach it to a sibling or parent and get them to play it.
- Don't forgot to think about ways to make your game easier or harder.

Why not sent in your game to your school teacher and ask them to play also!

Don't forget to tweet us [@croydonssp](#) with all your great ideas!





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Have Fun!

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