

AL – NOOR PRIMARY SCHOOL'S



<p><u>Washing line challenge</u></p> <p>How quickly can you peg 5 items on a washing line?</p> <p>Remember 1 peg per item!</p>	<p><u>Not quite the egg and spoon race challenge</u></p> <p>How many lengths of the garden/room can you do in a minute? If you drop it pick it up and carry on.</p> <p>Boil the egg- If an egg is too precious to use at this time, choose something else.</p>	<p><u>Throw and clap challenge</u></p> <p>How many claps can you do when you throw the ball up in the air?</p>
<p><u>Taekwondo challenge</u></p> <p>Left side punch, right side punch and kick!</p> <p>Do this for a minute!</p>	<p><u>Book balance challenge</u></p> <p>Can you balance a book and walk from one place to another?</p> <p>Or can you balance a book on you head for a minuet>?</p>	<p><u>Long jump</u></p> <p>How far can you jump? Start with your feet together, jump forward as far as you can! Now measure the distance you jumped!</p>
<p><u>How fast can you run in a minute challenge</u></p> <p>Or</p> <p>Can you sprint for 1 minute on the spot?</p>	<p><u>Skipping challenge</u></p> <p>Skip from one place to another or skip on the spot for a minute!</p>	<p><u>20-star jump challenge</u></p> <p>It's in the tittle! Do 20 star jumps and shine like a star!</p>
<p><u>keepie uppies challenge</u></p> <p>Scrunch up some paper or use a soft ball. Use your hand to keep the item up in the air.</p>	<p><u>Sit Ups challenge</u></p> <p>How many sit ups can you do in a minute?</p>	<p><u>Hop, skip, Jump challenge</u></p> <p>If you don't have enough space, just do a standing long jump. Stand in one place and see how far you can jump.</p>