

# 21-day Physical Literacy, Health and Wellbeing challenge



## Welcome to the 21-day Challenge

Thanks you for being a part of this challenge and we hope you all enjoy the challenges we have for you over the next 21 days.

Schools that are taking part in the challenge will have the total points earned from your efforts calculated at the end of 3 weeks and the schools with the most points will have a rewards day Where the Sport and Health team will bring a vanload of goodies to your school, including Inflatable Football Darts, Zorb Football, Tumbling Tracks, Skate and Scoot equipment and much more.

All pupils taking part will receive a participation certificate at the end of the challenge.

Your schools will be looking to use photos/video of you taking part in the daily challenges and using social media to share your Physical Literacy journey with us and with others in the community. Any pics and videos you take please can you send them to your class teacher, for them to post out on social media. The schools will be using the hashtags **#BeActiveWales #BeActiveSwansea** and our Twitter tag **@CCS\_sport**

## Challenges

All challenges come with an information worksheet guiding you on how to complete the challenges. There are YouTube links and QR codes to our You Tube channel for the Challenges that we are asking you to complete. Every day you must record your points in the Points roundup table at the bottom of this page

**Activities** – Everyday there are activities for you to try out. All instructions on the activities are in the Activities list at the end of the document. You do not have to do them all!

## Points Roundup Table

Keep your daily score in the table below and submit them along with any comment about the week's challenges at the end of the week using the following form

<https://forms.gle/pfxxJCYG1g3aSPjL7>

Monday	Tuesday	Wednesday	Thursday	Friday

# Week 1 Challenges

Mon	Tue	Wed	Thur	Fri
<i>Did you know this week is Children's Mental Health Week</i>				
<p>1</p> <p><b>Week 1: Physical Literacy Balance</b></p> <p>-----</p> <p><b>Physical Literacy</b> How long can you balance on one leg?</p> <p>See demo here <a href="https://youtu.be/RxtJIUuXn7U">https://youtu.be/RxtJIUuXn7U</a></p> <p>Try with your opposite leg</p> <p>What about with your eyes shut?</p> <p>One Foot Balancing Game</p> <p><b>*CHALLENGE*</b> Clock face challenge (see worksheet)</p>	<p>2</p> <p><b><u>Activity</u></b></p> <p>River jump</p> <p>Clock jumping (time)</p> <p>Simon says</p> <p><b>*CHALLENGE*</b> <b>Balance Hop Over</b> -30sec, how many times can you get over the line? (see worksheet)</p>	<p>3</p> <p><b><u>Activity</u></b></p> <p>Design an Obstacle course How creative can you get?</p> <p><b>*CHALLENGE*</b> <b>Treasure hunt -</b> Balancing objects (see worksheet)</p>	<p>4</p> <p><b><u>Activity</u></b></p> <p>Treasure Island, Balance</p> <p>Shrinking island Balance</p> <p><b>*CHALLENGE*</b> <b>Family Engagement –</b> Family Circuits 12:30 – 1:00pm</p> <p>You'll need to book onto this session on Monday</p> <p><a href="https://www.ticketsource.co.uk/booking/select/WkfckYQbSOjP">https://www.ticketsource.co.uk/booking/select/WkfckYQbSOjP</a></p>	<p>5</p> <p><b><u>Activity</u></b></p> <p>Let's combine all activities this week and see what game you could make up.</p> <p><b>*CHALLENGE*</b> <b>Bottle Flip Trick shots</b> Can you flip a bottle while balancing on one leg??? (see worksheet)</p> <p><b>REMEMBER</b> Submit your daily scores on the Points roundup table and provide a write up of the week.</p>

# Day 1: Clock-face Challenge

## Equipment Needed

4 Cones / Socks (Markers to mark out the clock)  
Space to move in

## Description

Set out the markers in a clock position one on 12 o'clock, one on 6 o'clock and the other two on 3 and 9 o'clock

Standing in the middle of the clock face waiting for a verbal direction to be shouted out from another person to then move to that position and touch the marker with your hands or feet.

See video for more info or scan the QR code

<https://youtu.be/6y6ljoFTIPw>



## Progression

Movements – Try using different movements to work your way around the clock.

Running

Jumping

Hopping

Lunging

Squatting

Change the size of clock so that you cover more ground

Introduce Circuits Challenge - how many times can you move around the clock without turning around?

## CHALLENGE POINTS

1

2

4

6

PARTICIPATION	BRONZE	SILVER	GOLD
Give it a go	5-10 Verbal directions with no mistake	11-20 Verbal directions with no mistake	21+ Verbal directions with no mistake

## Day 2: Balance Hop-Over Challenge

### Equipment Needed

Object to jump over

### Description

Start on one side of the line and stand with two feet together facing side on  
In one movement jump with two feet over the object and land with two feet the other side.  
Repeat this exercise continually jumping back and forth over the object  
Record how many jumps you can do in 30 seconds

See video for more info or scan the QR code

<https://youtu.be/BbCd6paX4v4>



### Progression

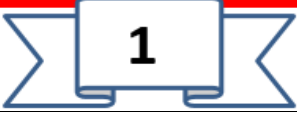



Hop on right leg

Hop on left leg

Two feet jumping forwards and backwards

Change the size of the object (height/width)

How many times can you jump over without falling or touching the object?

CHALLENGE POINTS			
			
<b>PARTICIPATION</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Give it a go	5-9 Jumps over object	10-14 Jumps over object	15+ jumps over object

## Day 3: Treasure Hunt Challenge

### Equipment Needed

10 Objects to balance  
Start marker  
Clear space to work in

### Description

Place a marker on the floor to show your start point  
Spread all 10 objects out around the room in different places  
From your start marker work your way around the room collecting one object at a time balancing on a body part  
Take the object back to the start marker and collect the remaining objects

See video for more info or scan the QR code  
<https://youtu.be/PfHeAqbETDo>



### Progression

Collect as many objects as possible in one trip without dropping any  
Change the distance of where the objects are in the room  
Get somebody to move the objects to other rooms around the house for you to collect

CHALLENGE POINTS			
			
<b>PARTICIPATION</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Give it a go	2 min – 3 min	1 min – 1.59 min	1 min or under

## Day 4: Family Circuits Challenge

### Equipment Needed

No equipment needed today just a clear space for everyone to take part in Family Circuits.  
Bottle of water or suitable drinks

### Description

Family Circuits provided by Parklives and So Fit

To book onto Family Circuits, please follow this link below or scan the QR code



<https://www.ticketsource.co.uk/swanseasportandhealth/parklives-virtual-family-circuits/e-lxledo>

CHALLENGE POINTS			
			
<b>PARTICIPATION</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Give it a go	Complete 10 minutes	Complete 20 minutes	Full 30 minute workout

## Day 5: Bottle Flip Trick Shots

### Equipment Needed

Bottle  
Table

### Description





Hold your bottle by the lid and stand on one leg  
Flick your bottle and wrist to attempt to land the bottle upright on the table  
Keep flipping the bottle until you land the bottle the correct way

See video for more info or scan the QR code  
<https://youtu.be/cRSTp6oGBJg>




### Progression

How many flips can you make in 1 min  
Stand on a cushion to complete the flip  
Flip the bottle on to the floor from a standing up straight position  
Try flipping with your other hand  
Flip two bottles at the same time

CHALLENGE POINTS			
			
<b>PARTICIPATION</b>	<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
Give it a go	Take you 16+ attempts	Take you 11-15 attempts	Take you 1-10 attempts

## Activities List

Balancing on one leg	<ol style="list-style-type: none"> <li>1. How many times can you lift your heel of the floor?</li> <li>2. How many times can you bring your knee up?</li> <li>3. Can you switch legs and balance?</li> <li>4. How long can you stand on one leg?</li> <li>5. Can you jump and land safely?</li> <li>6. Can you balance an item on your head while balancing?</li> <li>7. How many objects can you balance on your body at the same time?</li> <li>8. How many times can you touch the floor?</li> </ol> <p><a href="https://youtu.be/RxtJlUuXn7U">https://youtu.be/RxtJlUuXn7U</a></p>
River Jump	<p>Have a marker on the floor One side of the marker is the river and the other is the bank Get somebody to shout river or bank, you must then react or stay to the correct side</p> <div style="text-align: center;">  </div>
Clock face (time)	<p>Create a clock face on the floor with you markers. Put the 12 o'clock in front of you, 6 o'clock behind and 3 and 9 o'clock to your right and left Stand in the centre of the clock facing 12 o'clock Get somebody to shout out times that you will have to jump to and then back to the centre of the clock.</p>
Simon Says	<p>One person is designated Simon, the others are the players. Simon tells players what they must do. However, the players must only obey commands that begin with the words "Simon Says."</p> <p>If Simon says, "Simon says touch your nose," then players must touch their nose. But, if Simon simply says, "touch your nose," <i>without</i> first saying "Simon says," players must not touch their nose. Those that do jump are out</p> <p>How long can you last before Simon catches you out?</p>
Obstacle course	<p>Using any objects in the house, get creative and create an obstacle course everybody in the house could take part in. <b>The only rule is that the floor is lava. Good Luck</b></p>
Objects to balance	<p>How many objects can you balance on your body at once?</p>



## Activities List

Treasure Island balance (pillows)	<p>Spread out different objects throughout the room and create a starting spot</p> <p>The floor is lava, using two pillows, travel around the room by only standing on the pillows and collect all the items.</p> <p>Collect all items and return to the starting point without touching the floor</p> <p>If you touch the floor the game is reset and all items go back to where they were</p> <p><b>Progression</b></p> <p>You are only allowed to carry one item back to your starting point at any time</p> <p>Time yourself and see if you can beat your best time</p> <p>Place the objects in challenging places around the room</p>
Shrinking Island	<p>Place a towel on the floor and stand on it with at least one other person</p> <p>Without stepping off the towel you must fold the towel in half</p> <p>Keep repeating the process and see how many times you can fold it</p> <p><b>Remember!!</b> – The floor is lava. Do not fall off otherwise the game is over and you must start again</p>
Balance on one leg	<p>How long can you balance on one leg?</p> <p>Time yourself and challenge other people in your house</p> <p>Remember to record your time</p> <p>The world record for balancing on one leg is 76hrs and 40mins. Give it a go</p> <p>Test your opposite leg</p> <p>What is your best time on each leg?</p> <p>What is your strongest leg?</p> <p>What about with your eyes shut?</p> <p>It is much harder to balance with your eyes closed so make sure you have got someone with you and a clear space</p>