

Follow the steps on the two different activities.

MONDAY MOVERS

On Your Marks, Set, Go

1 Physical literacy/skills

ACTIVITY

- How fast can you get to your marker and back again?
- Place two markers five metres apart on the floor (five big steps)
- How many laps can you complete in 30 seconds?
- Can you beat your score?
- This challenge can be repeated several times

Why not try the following:

- Create a shape/ running track to run around adding more markers
- Race against people in your household or as a relay team. Have fun

EQUIPMENT NEEDED

- Markers e.g. toilet roll, shoes, beakers, timer



15mins



How can you demonstrate honesty throughout this challenge?

Did you go around the marker?

MAKE IT EASIER...

- Hop, skip, leap, jump, try different ways of getting to the marker and back again

MORE OF A CHALLENGE

- Try different race starting positions: sitting down, lying on your front. How many can you complete in 30 seconds?

MAKE IT INCLUSIVE

- Come up with a theme for your race: animals, space rockets, cars
- Can you create different ways of moving to your target e.g. walk, crawl, leap

LEAD OTHERS

- Can you organise a race for your household – one lap or two laps, it's up to you?



TOP TIPS

Make sure you slow down on your approach to the marker

Why not try this now? <https://funetics.co.uk/for-parents/funetics-home/>

MONDAY MOVERS

Obstacle Course

1 Physical literacy/skills

ACTIVITY

- Create a fun obstacle course
- This could include running, hopping, skipping, balance test, crawling, leaping and even a throw
- Make it fun and safe
- Get creative
- Draw out your plan and then put it into action
- Video example <https://youtu.be/37Plj3kc9LE>



MAKE IT EASIER...

- Give your course a theme and look at different ways of moving around the course, e.g.: animals/ space

MORE OF A CHALLENGE

- Increase the number of times you complete a challenge or compete against someone in your household

MAKE IT INCLUSIVE

- Play indoors/outdoors
- Create your own course with obstacles you are confident in

LEAD OTHERS

- Can you create a warm-up for your household?

EQUIPMENT NEEDED

- Use your imagination but remember to make it safe
- Teddy bears, skipping ropes, markers to run around



15mins



How can you demonstrate self belief throughout this challenge?

Believe in yourself – keep going even if the obstacles are hard – you can do it!



TOP TIPS

Can you include a run, jump and throw in your course

Why not try this now? Youth Sport Trust 60 second obstacle challenge – how many can you jump over in 60 seconds? [Click here](#) for more 60 second challenges