

Core stability**How far can you blow?**

In pairs, behind a line, children in a half press up position (on knees) have to blow a table tennis ball as far as they can.

Challenge 1: Opposite each other with two end lines, can they get it over their partner's line?

Challenge 2: Can they take off one knee?

Challenge 3: Can they blow their ball around an obstacle course in a full press up position?

Going skiing

Sitting in a chair, can children pretend to be skiing? Lift their feet off the floor, legs together, and hands on the virtual poles, rocking from side to side on their bottoms? Over the moguls, use their hands to jump their bottoms off the seat. For the chair lifts, can the children put their hands on either side of their thighs and lift themselves out of the chair and hold until the top of the slope?

Surfing

Lying on a skateboard, children have to propel themselves along only using their arms? Challenge 1: can they go round an obstacle course?

Magic carpet

On a wooden floor, with their hands and knees on a towel, can the children get themselves to the other end of the hall on their magic carpet?

London Bridge is falling down

Children push against the wall to hold the bridge up. Only hands can be on the wall, no shoulders.

Hand push

Children place palms together, with elbows out and forearms held horizontally and push as hard as they can, holding it for five seconds.

Humming Bird

Children put one hand on the ground and extend their body away from it in a T shape. They then walk their feet around with the hand remaining on the spot.

