



Yr5/6 - Home Challenges

- In a seated balance, practise transferring different sized and shaped objects from one spot to another using your feet.
- Devise a game that you can play with a partner that helps you work on your front and back support.
- Develop and play your own seated volleyball games using balloons or beach balls.
- Develop a seated balance competition with a partner e.g. who can hold a dish or V position longer.
- Devise a race that you could do in pairs involving Floor Work and a cone or tennis ball.
- Work on your Seated Balance and Floor work FUNS challenges.
- With a friend, come up with a sequence of jumps that you can synchronise and which includes changes of height, flight and shapes.
- Standing on 1 leg on an imaginary river bank, pick up an object and see how far into the 'river' you can place it without losing balance. Try and beat your Personal Best!
- Create your own mini-jumpball game and time how long it takes you to hit 3 targets, making sure you return to base after each throw by jumping and landing.
- Combine 4 different jumps to see how far you can get and then try and beat your distance using any 4 jumps.
- With a friend, play 1 leg balance mirror games, taking turns to lead and follow. When leading, try and make your partner lose balance before you do.
- Continue to practise your Dynamic Balance to Agility and One Leg Balance FUNS challenges.