



# Thinking Healthily

## Personal Sports Challenges

It is important that we stay fit and healthy in these unprecedented times. At New Horizons, we offer lots of opportunities for pupils to show their habits of mind, particularly perseverance through daily challenges on the school playground and throughout their PE lessons.

Here are some ideas for how you can stay fit and active at home through some personal challenges. It would be fantastic to encourage your children to reach their goals, beat their scores and improve their performance.

1. Skipping Challenge – How many skips can you do in one minute?
2. Speed Bounce – Speed bounce is a very popular game in the playground and pupils record their scores and see how they improve each week. Is there anything low and safe for you to jump over in the garden? If not, just jump side to side and see how many jumps you can do in 1 minute.
3. Can you start going for runs? Run for as long as you can before you feel like you need to walk. You can time how long you ran for and see if you can improve it next time.
4. Can you see how many times you can throw and catch a ball (either with someone else or against a wall) without dropping it? To make it easier, use a large ball, 2 hands and stand close to the wall. To make it harder, you can use one hand, use your weaker hand, use a smaller ball or stand further away from the wall.
5. Do you like to dance? There are so many fantastic dance videos on you tube like Just Dance and Kids Zumba. You could challenge yourself to do one of these a week.

Good luck – we'd love to hear how you do on these challenges so email in your results to your year group email address.