



# Shine Lockdown challenges



## For the grown ups

As we enter lockdown 3.0, regular exercise has never been more important! To help provide support for families, we have created '**lockdown challenges**'. These activities can be used as active breaks during home learning and can be completed with little to no equipment (be creative!).

The government recommends that children take part in 60 minutes of physical activity a day; physical activity has multiple benefits, e.g., it reduces stress, increases concentration, releases endorphins (the happy hormone) and much more. Therefore, it is encouraged that families and teachers take part too - any activity is better than none!

## For the kids

- > Challenge your friends! -> **Challenge your teachers!** -> Can you beat your favourite shine coach?
- > **Can you reach 60 minutes of exercise a day?** -> Create your own challenges & share them with us
- > **Be creative with the way you complete your challenges** -> Get moving!

If you have any questions, please do not hesitate to contact me: [j.tattersall@myshine.co.uk](mailto:j.tattersall@myshine.co.uk)



# How to complete the challenges



## Circuits method

Set out stations for all 5 activities. Set a time limit for each station, once the time is up move onto the next station. Write down the score after each station.

## Active breaks method

Each day choose a different challenge and take regular 5-10 minute activity breaks. Six 10 minute activity breaks during your home schooling day & you've reached the 60 minute daily target!

## All-at-once method

If you're feeling super energetic, set aside 60 minutes to complete as many repetitions as possible of one of the challenges. Challenge yourself & challenge your family!

## Day-to-day method

Some of the challenges can be completed without setting time aside, for example every time you walk up the stairs count those steps towards the 'daily step up' challenge! Or if you take the dog for a walk, record how far you walk and count the distance towards the 'daily distance' challenge. If you or a family member has a smart watch this can help keep track but isn't essential.



## Daily distance



### Challenge #1:

**You have all day to travel as far as possible (within your home of course!) Set out cones or markers at a set distance (e.g. 5m, 10m, 15m etc.) inside or outside and record how many laps you complete. You can travel in any way; run, jog, walk, skip, hop - the choice is yours!**

**How far can we travel together?**

**Score:**

**Once finished, please submit your child's score in meters under the 'distance in a day' tab - click on 'score sheet' below to open the spreadsheet.**

**[Score sheet](#)**



## Daily step up



### Challenge #2:

**You have all day to climb as many steps as possible. Record how many steps you climb in a day. If you don't have stairs you can step up and down from anything (be creative & safe!)**

**How high can we climb together?**

**Score:**

**Once finished, please submit your child's score (number of steps climbed) to the link below on the 'daily step up' tab.**

**[Score sheet](#)**



## Daily keepie uppies



### Challenge #3:

**You have all day to complete as many ‘keepie uppies’ as possible! Using various parts of your body, try to keep a ball from touching the floor (it doesn't have to be a football, a balloon or even a rolled up piece of paper would work).**

**How long can we keep the ball up together?**

**Score:**

**Once finished, please submit your child's score (number of times they kept the ball up collectively) to the link below on the ‘daily keepie uppies’ tab.**

**[Score sheet](#)**



## Daily catch

### Challenge #4:



**You have all day to complete as many catches possible! Stand 1 meter away from a wall and throw any type of ball at the wall & catch it to score one point.**

**How many catches can we get together?**

**Score:**

**Once finished, please submit you child's score to the link below on the 'Daily catch' tab.**

**[Score sheet](#)**



## Daily skips

### Challenge #5:



**You have all day to do as many skips as possible! If you don't have a skipping rope, you can jump backwards and forwards over a line on the ground.**

**How many time can we skip together?**

**Score:**

**Once finished, please submit your child's score to the link below on the 'daily skip' tab.**

**[Score sheet](#)**