

Year 1 & 2 Active Challenge

ACTIVE SIGNS

- Is your heart beating fast?
- Are you breathing faster and deeper?
- Do you feel warm or hot on your head

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| <p style="text-align: center;"><u>Autumn 1</u></p> <p>Can you jog on the spot for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Autumn 2</u></p> <p>Can you jump up and down on the spot for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Spring 1</u></p> <p>Can you do star jumps on the spot for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> |
| <p style="text-align: center;"><u>Spring 2</u></p> <p>Can you bounce around on two feet for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Summer 1</u></p> <p>Can you skip in an area for as long as you can?</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> | <p style="text-align: center;"><u>Summer 2</u></p> <p>Can you copy the active movement pattern for as long as you can? 10 jogs on the spot and 10 star jumps.</p> <p>Challenge- Ask an adult at home or a friend in the playground to challenge you!</p> |

