

# LET'S PLAY TOGETHER!

21 day physical activity challenge



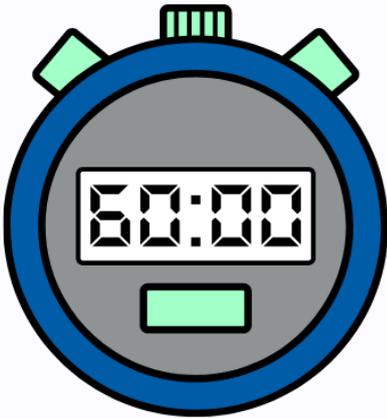
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Challenge cards inside



# Welcome to the 21 Day Physical Activity Home Challenge!

We are aiming to get physically active for 60mins every day  
Regular physical activity is the key to getting healthy and staying healthy



**All Children should be  
physically active for a  
minimum of 60 minutes  
every day**



## HOW TO COMPLETE THE 21 DAY CHALLENGE

The 21 Day Physical Activity Challenge games and activities can be completed on your own but it could be more fun to encourage your family members join in with you and get them active too. Below you will find instructions on how to complete your 21 Day Physical Activity Challenge Cards.

### CHALLENGE CARDS

- You will find 3 activity cards to be completed.
- Each one represents a week Monday to Friday.
- You should complete each day as it is described.
- Tick the box when you have completed each activity for the set number of minutes.
- When you have completed all 3 activities, SMILE because you have been active for 60mins and can now colour in the star at the bottom of that day.
- At the weekends you are free to choose your own 60mins of fun physical activities but you need to answer the questions and let us know what you did.

At the back of this book you will find descriptions of all the physical activities listed on your Challenge Cards.

Why not share your progress with us on social media, ask your parent/guardian to take a photo of your Challenge Card, share it and tag us on Facebook @SligoSportandRecreationPartnership, on Instagram @sligosportandrecreation or on Twitter @SSRPSligo.

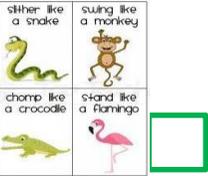
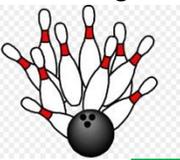
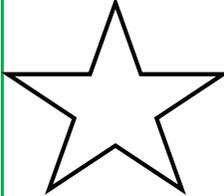
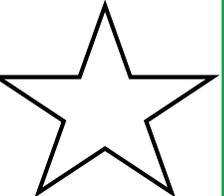
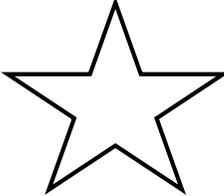
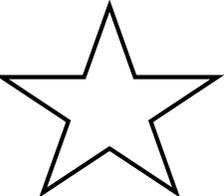
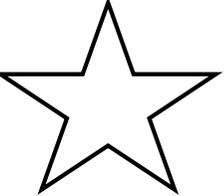
### CHANCE TO WIN!

If you return your completed activity cards back to school, your school will be entered into a draw to win a 20 handle parachute! Please see page 5 for full details!

# LET'S PLAY SLIGO

## 21 Day Physical Activity Home Challenge - Week 1



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RUN/JOG/WALK 15mins  <input type="checkbox"/>	RUN/JOG/WALK The Daily Mile  <input type="checkbox"/>	The morning DAILY MILE  <input type="checkbox"/>	The Daily Mile 15mins  <input type="checkbox"/>	The Daily Mile  <input type="checkbox"/>	Today let's move for a total of 60 minutes by doing your favourite fun physical activities  LIST WHAT YOU DID 	SUNDAY FUN! LET'S HAVE FUN MOVING for 1 hour  Tell us or draw what you enjoyed most about moving today 
<ul style="list-style-type: none"> <li>Warm up 1</li> <li>Fitness Circuit</li> <li>Cool Down 1</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 2</li> <li>Obstacle Course</li> <li>Cool Down 2</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 3</li> <li>Hopscotch</li> <li>Cool Down 3</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 2</li> <li>7 Levels</li> <li>Cool Down 1</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 1</li> <li>Dance Freeze</li> <li>Cool Down 2</li> </ul>  30mins <input type="checkbox"/>		
Stretch Circuit 15mins  <input type="checkbox"/>	15mins of Animal Movements  <input type="checkbox"/>	Sock Snatch  <input type="checkbox"/>	Bowling  15mins <input type="checkbox"/>	Yoga Circuit  <input type="checkbox"/>		
						

### NOTES

See Activity Descriptions for details on each activity

Tick the box when activity is completed

Colour the star when all activities for the day are finished

Answer the questions about the weekend activities



#BeActiveAtHome

#activesligo



# LET'S PLAY SLIGO



## 21 Day Physical Activity Home Challenge - Week 2



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RUN/JOG/WALK 15mins <input type="checkbox"/>	RUN/JOG/WALK 15mins <input type="checkbox"/>	RUN/JOG/WALK 15mins <input type="checkbox"/>	RUN/JOG/WALK 15mins <input type="checkbox"/>	RUN/JOG/WALK 15mins <input type="checkbox"/>	How many minutes were you active today? Aim for at least 60mins	<b>1 Hour</b> Describe how you moved your body today
<ul style="list-style-type: none"> <li>Warm up 2</li> <li>Fitness Circuit</li> <li>Cool Down 3</li> </ul> 30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 1</li> <li>Target Practice</li> <li>Cool Down 1</li> </ul> 30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 3</li> <li>Dance Freeze</li> <li>Cool Down 1</li> </ul> 30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 3</li> <li>7 Levels</li> <li>Cool Down 2</li> </ul> 30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 2</li> <li>Scavenger Hunt 1</li> <li>Cool Down 3</li> </ul> 30mins <input type="checkbox"/>	+	a
Balance Skills 15mins <input type="checkbox"/>	Sock Snatch <input type="checkbox"/>	Stretch Circuit 15mins <input type="checkbox"/>	Yoga Circuit 15mins <input type="checkbox"/>	Bowling 15 mins <input type="checkbox"/>	+	
					Total Minutes <input type="text"/>	

**NOTES**

See Activity Descriptions for details on each activity

Tick the box when activity is completed

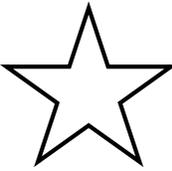
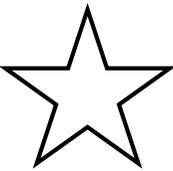
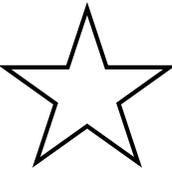
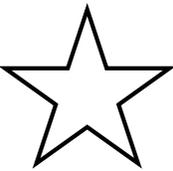
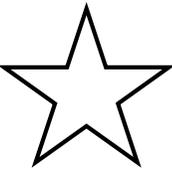
Colour the star when all activities for the day are finished

Answer the questions about the weekend activities

# LET'S PLAY SLIGO



## 21 Day Physical Activity Home Challenge - Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RUN/JOG/WALK 15mins  <input type="checkbox"/>	RUN/JOG/WALK The Daily Mile  <input type="checkbox"/>	DAILY MILE 15mins  <input type="checkbox"/>	The Daily Mile 15mins  <input type="checkbox"/>	The Daily Mile  <input type="checkbox"/>	60minutes Draw a picture of your favourite physical activity	<b>SUNDAY FUN!</b> <b>1 Hour</b> What was your favourite way to play today? Describe or draw your answer
<ul style="list-style-type: none"> <li>Warm up 2</li> <li><b>Obstacle Course</b></li> <li>Cool Down 2</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 1</li> <li><b>Activity Jar</b></li> <li>Cool Down 1</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 3</li> <li><b>Hopscotch</b></li> <li>Cool Down 3</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm up 2</li> <li><b>Scavenger Hunt 2</b></li> <li>Cool Down 3</li> </ul>  30mins <input type="checkbox"/>	<ul style="list-style-type: none"> <li>Warm Up 1</li> <li><b>Dance to your favourite music</b></li> <li>Cool Down 3</li> </ul>  30mins <input type="checkbox"/>		
Maze Game 15min  <input type="checkbox"/>	Balance Skills 15mins  <input type="checkbox"/>	Yoga Circuit  15mins <input type="checkbox"/>	15 mins of Animal Movements  <input type="checkbox"/>	15min Stretch Circuit  <input type="checkbox"/>		
						

### NOTES

See Activity Descriptions for details on each activity

Tick the box when activity is completed

Colour the star when all activities for the day are finished

Answer the questions about the weekend activities



#BeActiveAtHome #activesligo

# RETURN YOUR COMPLETED 21 DAY CHALLENGE FOR A CHANCE TO WIN!

Return your 3 COMPLETE challenge cards and this page to your teacher before Monday 21<sup>st</sup> of March. The draw will take place on Friday 25<sup>th</sup> of March and the winning school will be contacted by phone.



## LET'S PLAY SLIGO 21 DAY CHALLENGE CONTRACT

I (PRINT NAME) \_\_\_\_\_  
AGREE TO BE AN ACTIVE KID. I WILL **HONESTLY BE PHYSICALLY ACTIVE FOR 60 MINUTES A DAY.**  
MOVING AND BEING ACTIVE KEEPS ME HEALTHY,  
STRENGTHENS MY MUSCLES AND IS GOOD FOR MY  
MIND AND IS LOTS OF FUN.



### 21 Physical Activity Home Challenge - RAFFLE ENTRY

Name \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Parent/Guardian signature

\_\_\_\_\_

PLEASE RETURN THIS ENTRY FORM ALONG WITH YOUR COMPLETED CHALLENGE CARDS X 3 TO SCHOOL BEFORE MONDAY 21<sup>ST</sup> OF MARCH

## ACTIVITY DESCRIPTIONS

### Warm Up 1

March like a soldier 30secs  
15 x Jumping Jacks  
Jog on the spot 30secs  
10 x Arm Circles  
10 x Hip Circles to the left  
10 x Hip Circles to the right  
10 x Frog Hops  
Jog on the spot 30secs  
Shake you left leg, your right leg.  
Shake your left arm and right arm

### Warm Up 2

Jogging high knees 30secs  
Jogging butt kicks 30secs  
10 x Leg swings side to side each leg  
10 x Leg swings forward and back each leg  
Hop forward, hop backwards, hop left and hop right do this 10 times  
Jogging high knees 30secs  
Jogging butt kicks 30secs

### Warm Up 3

Touch your head, shoulders, knees, and toes do this 10 times  
15 x Jumping Jacks  
10 x Push ups  
5 x Bunny Hops  
Touch your head, shoulders, knees, and toes 10 times

### Cool Down 1

**Windstorm:** Pretend to be trees in a windstorm, with wind blowing arms as branches, stretching tall onto your tippy toes. Start while the windstorm is strong and blowing hard, and finish as the wind calms and blows softer.  
Then curl up small on the ground and hug you knees, stay here for 30secs.

### Cool Down 2

**Climb the ladder:** Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30secs, rest, and then repeat 3 times

**Touch your toes:** Sit with legs outstretched in front of you. Lean forward and try to touch toes. Hold this position for 60secs.

### Cool Down 3

**Butterfly stretch:** Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times, rest and then repeat 2 times  
Sitting on the floor roll your shoulders backwards 5 times then forwards 5 times  
Slowly look left, then look right do this 3 times.  
Then skate it out, legs first then arms.



The Daily Mile has a simple aim - to help you get active by walking, running or jogging for 15 minutes a day at your own pace around your house/garden or on the spot. So each morning start your physical activity with the Daily Mile. Complete the 3 week challenge and you will earn the Daily Mile Certificate.

## Fitness Circuit

### Jumping Jacks



40secs  
Rest 20secs



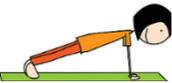
40secs  
Rest 20secs



40secs  
Rest 20secs



40secs  
Rest 20secs



Plank 40 secs  
Rest 20secs



40secs

Rest 1 minute

**Do this circuit 3 times**

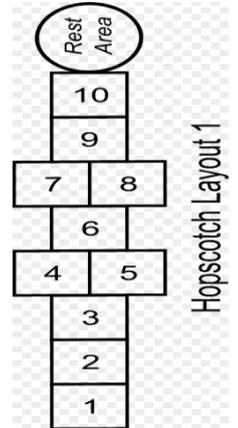
*If 40secs is too easy do 50sec and 10sec rest, if 40sec is too hard do 30 secs and 30 secs rest.*

## Obstacle Course

Use objects you already own like jump ropes, boxes and hula-hoops to create an obstacle course. Test yourself completing the course, keep your time. You can change up the course with how you move, hop only, skip, and crawl or use your imagination and test your skills.

## Hopscotch

A game that can be played inside or out. Use tape/string or chalk to pattern your own board and use buttons, rolled up socks or bean bags as a marker. Stand behind the starting line, throw your marker in square 1, hop over square 1 into 2 and keep going to the end, on the way back stop in square 2 and pick up your marker, hop in to 1 and back to the start line. Throw marker into square 2 and repeat the hopping. Always hop over a square with a marker in it. Keep going until you throw to 10.



## 7 Levels

You will need a wall and a ball

Mark a line a few feet away from the wall. You must stand behind this line. Throw the ball against the wall and catch it with two hands, you must try and do this 7 times in a row to move on to the next level. If the ball drops you have to do 10 jumping jacks (*if playing with someone take turns every time the ball drops*)

Once you complete 7 catches in a row move onto the next level.

- Level 1 – Throw and catch with two hands
- Level 2 – Throw and catch with right hand
- Level 3 – Throw and catch with left hand
- Level 4 – Throw, clap and catch with two hands
- Level 5 – Throw, let the ball bounce and catch with two hands
- Level 6 – Bounce the ball at the wall and catch with two hands
- Level 7 – Throw, turn around and catch with two hands



*Make it harder by standing further from the wall or easier by standing closer to the wall.*

## Dance Freeze

Who doesn't like a good dance party? So turn on the radio and dance to the music is so much fun. To brush up on listening skills, try freeze dance. Dance when the music plays and when an ad comes on the radio, freeze until music plays again.

## Target Practice

You will need a ball, bean bag or rolled up socks for throwing and hoops/boxes/mats as ground markers.

Place the ground markers at different locations in the room or garden. Stand at a marked throwing location and see if you can throw the ball/socks to land on or in the ground makers to earn a point. Run out and collect the throwing object and see if you can get it into all the ground markers from your throwing location.

If successful move your throwing location to another point and try to throw at all the ground markers again.

You can have as many ground markers as you like but only 1 throwing object per game. Try different types of throwing objects to see if it is easier or harder.



## Scavenger Hunt

You will need a paper and pen to write or draw your treasure. On a sheet of paper write the list below. You have 20mins to go and find a treasure for each one in order. You must go and see the treasure and not just write the answer.

### Scavenger Hunt 1

#### Find Something

1. blue
2. green
3. with numbers
4. with a nose
5. yellow
6. shiny
7. that makes noise
8. to write with
9. that smells
10. that turns
11. that grows
12. you sleep in
13. with wheels
14. with buttons
15. you can eat



### Scavenger Hunt 2

#### Find Something

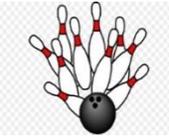
1. to wear on your feet
2. that closes
3. white
4. to sit on
5. that holds things
6. purple
7. made of plastic
8. that lights up
9. you can see through
10. with eyes
11. that floats
12. red
13. squishy
14. to read
15. turns on and off

### Activity Jar



Write all your favourite activities individually on a scrap of paper, fold them up and put them in a jar, close your eyes and pick one out and do the activity you choose. If you have time pick another and play it too.

### Bowling



Create your own bowling alley in your hallway. Roll up some socks as your bowling ball if you do not have a ball and use some old plastic bottles as pins. Can you get a strike?

### Animal Movements

Pretend to be your favourite animals. Slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours. How many can you do?

Frog Hop 	Crab Crawl 
Bear Walk 	Starfish Jumps 
Snake Slither 	Bunny Hop 
Elephant Stomp 	Caterpillar Crawl 
Penguin Waddle 	Gorilla Shuffle 
Cat Walk 	Cheetah Run 

### Sock Snatch

For this game you will need a few socks and a box/bucket to place them in. You do not wear shoes or socks for this game. Place all the socks in the bucket in the centre of the room. Mark your home station a few feet away.



You must run to the sock bucket take a sock out using only your toes, carry it back to the start with only your toes. (If the sock touches the floor stop and do 5 squats before picking it back up to continue home). Try using different feet each time. If more than one player you can have a see who can gather the most socks.

### Set up a Maze

Turn the hall into a "laser" maze with wool or string. Zig-zag string from varying heights and see if you can get through to the other side without touching the laser!!



### Balance Skills



A balancing beam is easier to set up than you think. All you need is some coloured sticky tape, chalk or string and you're good to get practicing.

Stand on the line and balance on one foot on the spot, then try the other foot. Now walk the beam. Can you turn on the beam, walk backwards? Practice different ways to balance!

### Yoga Circuit

There are 5 poses. You will hold each pose for 1 minute and then do the full circuit 3 times.

Make sure to take nice relaxed deep breaths.

Play some nice relaxing music if you can or do it in the garden or a quiet corner of a room.

Enjoy and Relax

## PIRATE YOGA

\*5 easy yoga poses for kids\*



1. Pretend to be steering the ship.

2. Pretend to be a plank.



3. Pretend to be a mermaid.

4. Pretend to be a pirate ship.



5. Pretend to be a treasure chest.

KIDS YOGA STORIES

### Stretch Circuit

Hold each stretch for 40seconds  
Then rest 1 minute and do the circuit again

Calf Stretch Left Leg  
then Right Leg



Triceps Stretch Left  
Arm then Right Arm



Quad Stretch Left Leg  
then Right Leg



Shoulder Stretch Left  
Arm then Right Arm



Seated Forward Bend

