



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

SOUTH LEICESTERSHIRE SCHOOL SPORT PARTNERSHIP

Festive Fun

FUN CHALLENGES,
ACTIVITIES &
GAMES FOR YOUNG
PEOPLE

Name

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About Me

Name:

Age:

What are the names of your family members?

.....
.....
.....

Do you have any pets?

.....
.....

What is your favourite sport / activity?

.....

What is your favourite school subject?

.....

Who is your favourite superhero?

.....

What's your favourite thing about Christmas?

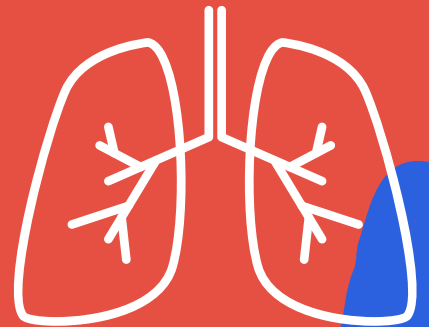
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Health & Safety

It is important to make sure that you are safe when being physically active.

Take a look at the list below before starting the challenges or activities.

- remove trip hazards
- * - wear the right shoes and clothes
- use correct and safe equipment
- warm up before exercising
- drink plenty of water before, during and after activity
- * - stop exercise if you are in discomfort or pain
- rest and recover after activity



Speed Challenges



What are speed challenges?

These challenges need to be completed quickly.

Complete each challenge. Try and beat your own score.
Can family and friends beat your score?

Speed Bounce

Roll up a towel and place it in a straight line on the floor.

You have 30 seconds to jump from one side of the towel to the other.
Every jump counts as a point.



Score Chart

< 8 - bronze



9 - 18 - silver



19 + - gold



Attempt 1: jumps

Attempt 2: jumps

Attempt 3: jumps

Attempt 4: jumps

Attempt 5: jumps

Shuttle Runs

Place a marker on the floor as the start cone.

Place another marker 10 yards away.



You have to sprint to the marker and back as many times as you can in 30 seconds.

From the start marker, to the next marker and back, counts as 1.

How many runs can you do?



Score Chart

< 3 - bronze



3 - 8 - silver



9+ - gold



Attempt 1: shuttles

Attempt 2: shuttles

Attempt 3: shuttles

Attempt 4: shuttles

Attempt 5: shuttles

Ladders

Roll up 6 towels and place them on the floor horizontally, around a foot lengths away from one another.

Start behind the first towel and step through the ladder of towels without touching the towels. When you get to end of the ladder, return back to the start and repeat.

How many times can you run through the ladder in 30 seconds?



Score Chart

< 4 - bronze



3 - 6 - silver



7 + - gold



Attempt 1: ladders

Attempt 2: ladders

Attempt 3: ladders

Attempt 4: ladders

Attempt 5: ladders



Family Challenges

Complete each challenge. Try and beat your own score.
Can family and friends beat your score?

Snowball Juggle

Learn to Juggle! Can you juggle 1, 2 or 3 different objects? You can use rolled socks, tea bags or any other soft items you have to hand. Take a look at this [video](#) for some handy tips from an expert!

Snowball Shooting

Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time?

Olympic champ!

This game is a test of your memory. Play some music and ask someone to say an Olympic sport. You then make a move that simulates the sport. A second sport is then called and you perform sport 1 followed by sport 2. Keep adding sports after each correct round. if you make a mistake, you can restart the game or have 3 lives.



Endurance Challenges



What are endurance challenges?

These challenges require you to work hard for a longer period of time.

**Complete each challenge. Try and beat your own score.
Can family and friends beat your score?**

Cycling Challenge

How long can you cycle for during the month of December?

Time your bike ride.

Do this 4 times during December.

Cycle with your family.



Score Chart

< 30 minutes total time- bronze



30 - 90 minutes total time- silver



90 + minutes total time - gold



Ride 1: minutes

Ride 2: minutes

Ride 3: minutes

Ride 4: minutes

Total time: minutes

Dance Challenge

Pick a song you like to dance to.

Can you dance to the song from start to finish without any breaks?

Maybe pick a Christmas song if you're feeling festive.



Song name:

.....

Did you manage to dance to the song from start to finish?

Yes or No

Attempt 1:

Attempt 2:

Attempt 3:

Wonderful Walks

How long can you walk for during the month of December?

Time your walk. Do this 4 times during December. Walk with your family.

How many festive objects can you see on your walk?



Score Chart

< 30 minutes total time - bronze



30 - 90 minutes total time- silver



90 + minutes total time - gold



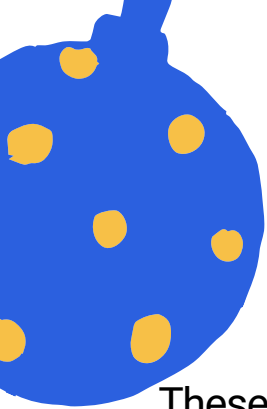
Walk 1: minutes

Walk 2: minutes

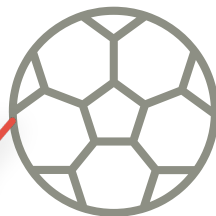
Walk 3: minutes

Walk 4: minutes

Total time: minutes



Ball Challenges



What are ball challenges?

These challenges involve a ball and require good hand eye co-ordination.

**Complete each challenge. Try and beat your own score.
Can family and friends beat your score?**

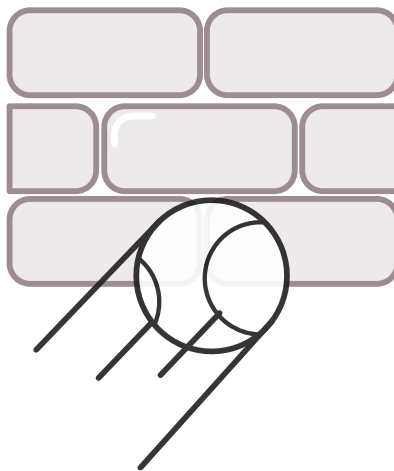
Wall Bounce

Stand a short distance away from a wall.

Throw a ball at the wall and catch it.

How many catches can you make in 60 seconds?

Make it harder by standing further away from the wall, using a smaller ball or using one hand.



Score Chart

< 10 - bronze

11 - 29 - silver

30 + - gold



Attempt 1: catches
Attempt 2: catches
Attempt 3: catches
Attempt 4: catches
Attempt 5: catches
Attempt 6: catches

Clap Catch

Throw a ball in the air, clap as many times as you can then catch the ball.

How many claps can you do?

Remember you must catch the ball after clapping!

The higher you throw the ball the more claps you can get in.



Score Chart

< 2 - bronze

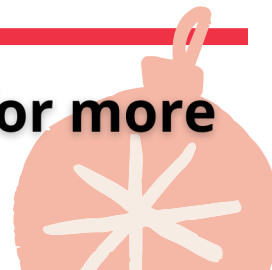
3 - 5- silver

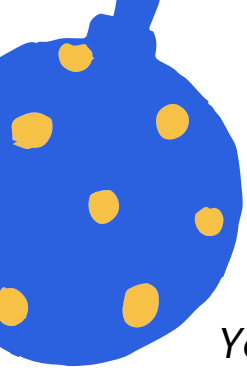
6+ - gold



Attempt 1: claps
Attempt 2: claps
Attempt 3: claps
Attempt 4: claps
Attempt 5: claps
Attempt 6: claps

Check out the LSLSSP YouTube channel [here](#) for more ball related challenges!





Fun Activities



You can complete the activities with family and friends.

Being active improves our health & fitness.

Children & young people should be active for at least 60 minutes a day!

Climb a Mountain

You have to climb stairs in your home, you could dress up as if you were going up a real mountain! This challenge will take a long time so spreading the number of steps you do each day would be a great idea! If you don't have stairs available, you could use a sofa or chair to do step ups onto!



Difficulty:
Hard



4000 Steps! Over 30 days this would be 133 steps a day... which you probably already do!

Yoga Poses

Complete all 10 of the following poses.

- Crow Pose
- Dancer pose
- Deer Pose
- Dog Pose
- Dolphin Pose
- Door Pose
- Dragonfly Pose
- Eagle Pose
- Fish Pose
- Flamingo Pose



Difficulty:
Easy



<https://youtu.be/ho9uttOZdOQ>

Can you hold each pose for 20 seconds?

Rugby Pass Challenge

Ideally with a rugby ball, can you practice your passing technique in rugby. Remember you cannot pass forwards!



Difficulty:
Medium



Can you complete 30 passes without dropping the ball?

The Blindfold Catch Challenge

With your eyes closed or wearing a blindfold, how many catches can you complete?

In 2 minutes can you complete 25 catches?



Difficulty:
Medium



Handstand Challenge

Where is the most craziest place you can do a handstand safely!

Hold the handstand for 5 seconds!



Difficulty:
Medium



Sports Hero Challenge

Dress up as your favourite sports hero and play their sport.

Reinact their best moments!



Difficulty:
Easy



Run The Distance

It's getting darker quicker and colder so please make sure you are safely equipped if doing this outside if your home! Maybe do this with your family.

Complete 4 miles of jogging/running. You can do this in your garden, local park or any running route you are familiar with!



Difficulty:
Hard



How many activities can you complete? Can you complete them with family and friends?





Festive Literacy



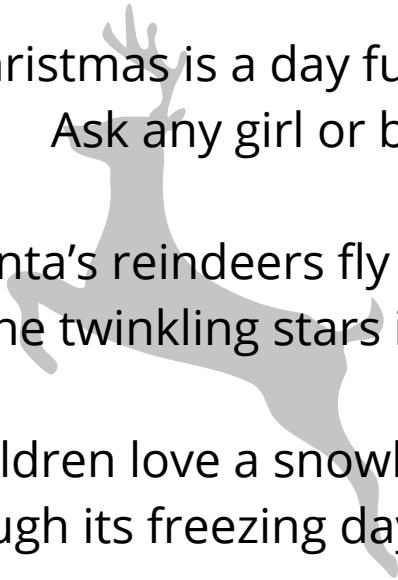
Christmas is all about singing and stories.
Can you create your own story through a poem?

Joyful Christmas

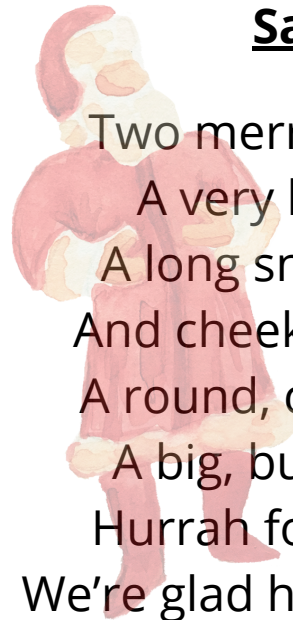
Christmas is a day full of joy,
Ask any girl or boy.

Santa's reindeers fly up high,
By the twinkling stars in the sky.

Children love a snowball fight,
Although its freezing day and night.



Santa



Two merry blue eyes
A very little nose
A long snowy beard
And cheeks like a rose
A round, chubby man
A big, bulging pack
Hurrah for old Santa
We're glad he's come back.

Create your own Christmas poem

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.....

Share your poem @Islssp on Twitter

Use the festive words below to help you

Angel	Bells	Belief	Candle	Caring	Chimney	Chocolate
Dancing	Elves	Entertain	Family	Festive	Frosty	Gift
Generosity	Happiness	Joy	Jolly	Love	Memories	Music
Mince pies	Party	Prayer	Snow	Toy	Wonder	Wreath

Festive Maths

Can you workout the answers to the festive Maths questions?

Snowman Times Tables

Frosty is a happy snowman who loves to help children improve their Maths.

Can you work out how many;

- hats - noses - buttons - arms

For:

2 snowmen 4 snowmen

5 snowmen 7 snowmen

9 snowmen 10 snowmen



Decoration Addition

Can you work out the following;

- 1) The number of red ball balls
- 2) The number of blue ball balls
- 3) The number of lines of tinsel
- 4) The number of red and blue ball balls
- 5) The number of red, blue ball balls and lines of tinsel
- 6) The number of ball balls and tinsel if there were 2 trees



Present Percentages

You are one of Santa's little helpers and he has asked you to help him with his Maths by working out some percentages.

There are 3 children, Raj, Noah and Olivia who are looking forward to Christmas. Santa leaves presents under the tree for the 3 children.

Santa leaves 5 presents for Raj, 3 presents for Noah and 2 presents for Olivia.

Can you work out each child's present percentage?



Fun Festive Games

Try and complete these fun festive games with family and friends



Christmas Word Search

E	N	A	S	G	I	P	M	E	N	J	A	H	E
E	T	C	H	R	I	S	T	M	A	S	S	I	R
S	N	I	M	R	F	S	O	S	E	M	A	G	U
S	N	H	S	T	N	E	S	E	R	P	S	D	D
A	N	G	E	L	Y	N	R	G	G	T	N	L	O
P	S	T	O	L	R	L	A	N	R	O	A	F	L
T	R	A	G	L	L	S	I	M	A	N	E	O	P
E	N	S	N	E	V	O	L	M	S	E	L	E	H
S	W	M	N	T	O	L	C	A	A	S	I	W	M
E	T	T	E	O	A	T	A	O	S	F	M	R	N
G	P	M	S	I	W	S	L	O	E	A	A	S	L
A	O	E	G	S	S	M	A	H	L	E	Y	A	E
N	A	E	G	O	O	E	A	M	N	O	S	N	J
O	I	E	R	L	E	S	D	N	J	I	A	V	P

ANGEL
FAMILY
SNOWMAN
RUDOLPH
JOY
CHRISTMAS
PRESENTS
GAMES
SANTA
LOVE

Christmas Charades

Charades is a word guessing game. A player acts out a Christmas word or phrase, while other players guess. The player acting out can not say the word or phrase



Spot the difference



8

to find

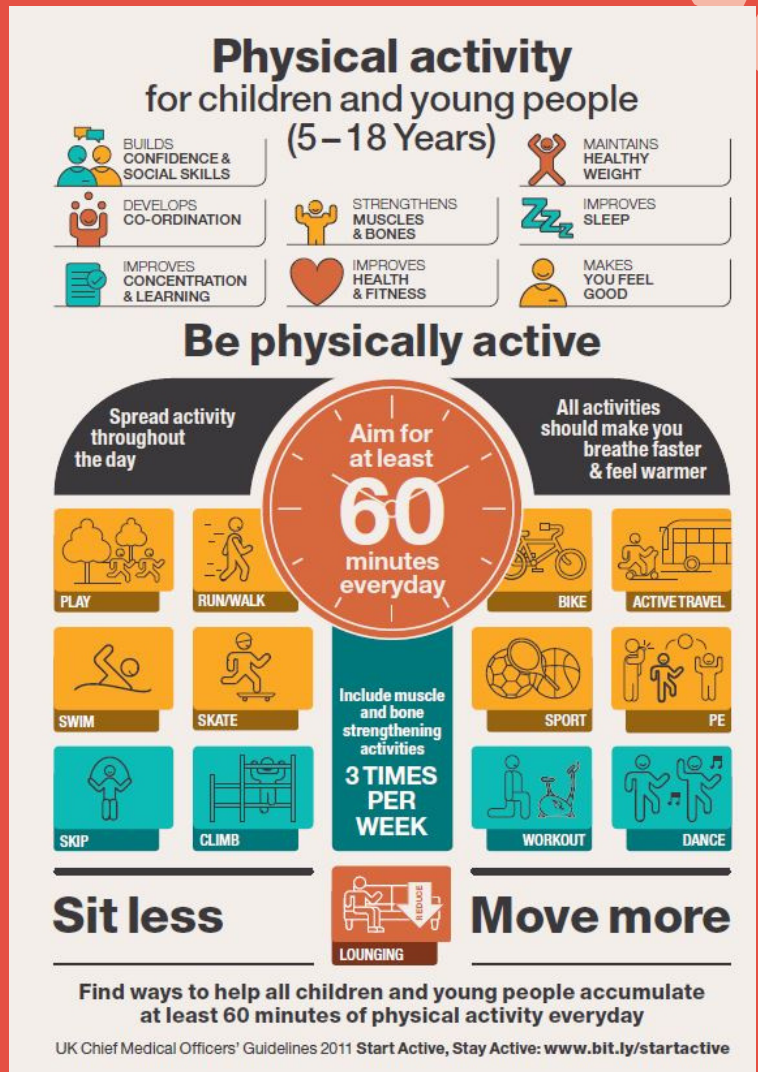


* More Challenges, Activities & Games *

The It is important to be physically active.

The benefits of being physically active are;

- maintains a healthy weight
- reduces the risk of major illnesses
- boosts self esteem and mood
- improves sleep quality
- reduces stress and depression
- improves social life
- improves fitness



There are plenty of challenges, activities and games you can play on our YouTube Channel [here](#)

Let's get social



@Islssp



@learningsouthleicestershiressp



@southleicestershiressp