



SOUTH LEICESTERSHIRE
SCHOOL SPORTS PARTNERSHIP



Festive Fun

**FUN CHALLENGES, ACTIVITIES
AND GAMES FOR CHILDREN AND
YOUNG PEOPLE**



NAME:

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Introduction

The booklet contains lots of fun festive challenges, activities and games for children and young people to complete by themselves or with family and friends over the festive period. The booklet aims to improve children and young peoples health and well-being through physical activity, competitive challenges, creative and social tasks and fun games.



ACTIVITIES AND CHALLENGES

Work your way through the booklet, completing tasks that you find interesting.

You can always compete against family and friends. Who will come out on top?

There are also plenty of tasks you can complete by yourself. Challenge yourself to become better at the activities.

Feel free to share your progress on **Twitter** with the South Leicestershire School Sports Partnership - @slssp



Health and 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





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?

.....

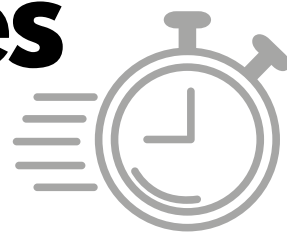
Who is your favourite superhero?

.....

What's your favourite thing about Christmas?

.....

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.

How many jumps can you do?



Score Chart

< 8 - bronze

9 - 13 - silver

14 + - 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 - 6 - silver

7 + - 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

Balance Challenges

What are balance challenges?

These challenges require you to remain steady.

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

Single Leg Balance

Choose which leg you are going to stand on first. Bend the other leg backwards.




You must stay still on one leg.
 No hopping.

How long can you balance for?

Repeat on both legs.



Score Chart

< 5 secs - bronze 
 5 - 12 secs - silver 
 13 + secs - gold 

Right Leg

Attempt 1: seconds

Attempt 2: seconds

Attempt 3: seconds

Left Leg

Attempt 1: seconds

Attempt 2: seconds

Attempt 3: seconds

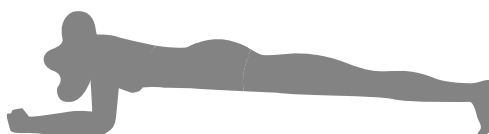
Plank

Lie down on your tummy.




When you are ready prop yourself up on your elbows and lift your tummy off the ground.

Keep your body straight.

How long can you hold the plank for?



Score Chart

< 5 secs - bronze 
 6 - 25 secs - silver 
 26 + secs - gold 

Attempt 1: seconds

Attempt 2: seconds

Attempt 3: seconds

Attempt 4: seconds

Attempt 5: seconds

Challenge: make up your own balance challenges. Share them with family and friends. Who can balance for the longest time?

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 Star

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

< 20 minutes total time - bronze 
20 - 60 minutes total time- silver 
60 + 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?

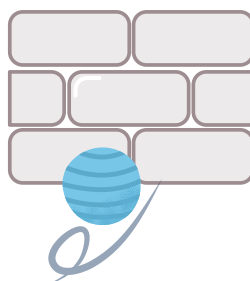
Wall Bounce

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 - 20 - silver
 21 + - 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 - 4 - silver
 5 + - gold



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

Check out the LSLSP YouTube channel for more ball related challenges.

Fun Activities

You can complete the activities with family and friends.

It is really important to be active. Being active improves our health and fitness.

Children and 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!

Can you complete 30 passes without dropping the ball?



Difficulty:

Medium

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!



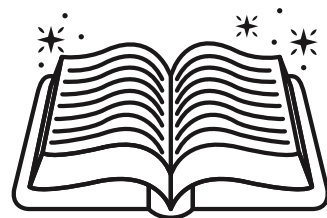
Difficulty:

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



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 Timetables

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



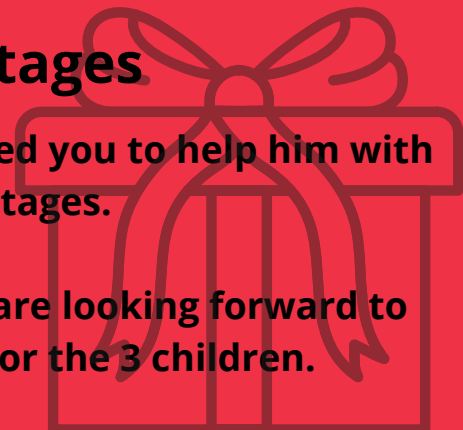
Extension - Present Percentages

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

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

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

Can you work out each childs present percentage?



Christmas Tree Decoration Design



People pride themselves on their Christmas tree decorating ability.

How good are you at decorating a Christmas tree?

Pick up some pens or pencils and be creative by adding ball balls, tinsel, stars, angels and more to your Christmas tree.



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 - there are 8 to find



More Challenges, Activities and Games

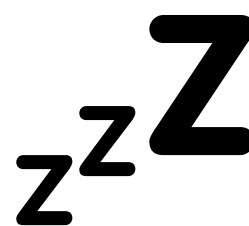
It is important to be physically active. The benefits of being physically active are;

- 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

Guidelines:

Adults - 150 minutes of physical activity a week.

Children - 60 minutes of physical activity a day.



There are plenty of challenges, activities and games you can play.

Visit the LSLSSP YouTube channel and watch our videos.
Try some of the challenges, activities and games.

Keep up to date with the South Leicestershire School Sports
Partnership videos and posts by;



subscribing to our YouTube channel - LSLSSP



following our Twitter page - @ls1ssp



following our Instagram page - @southleicestershiressp

Please share your progress with us.

Collect Your Prize

How well have you performed?

Count up how many gold, silver and bronze medals you have earned throughout the challenges.

What medal have you won the most?

Collect your medal. You can cut it out and pin it up in your home to show everyone your achievement.



After School Sport Club

Youth Sport Trust

The Youth Sport Trust have taken the step to deliver a free virtual after school club as part of a national response to the second lockdown.

The 30-minute club will take place at 5pm each weekday and be led by a different member of the YST's athlete mentor network.

The After School Sport Club will run for five weeks starting Monday 16th November until December 18 and children and young people can take part live or watch later by visiting their YouTube channel - <http://www.youtube.com/user/YouthSportTrust>

Aimed mainly at primary-aged children, a different theme has been assigned for each day of the club - Adventure Monday, Tuesday Play, Wild Wednesday, Thinking Thursday and Fun Friday.

The YST hope that this will provide support, capacity and inspiration to sit alongside the other great work and offers that are available for schools and children and young people to engage in.



YOUTH
SPORT
TRUST



Believing in
every child's
future
