



## Cambridgeshire and Peterborough Virtual School Games Outdoor Adventurous Activities Challenge



Active Challenge

### Monday Build an Obstacle Course

Create an obstacle course around your home or if you have one, your garden. Here are some ideas for your different stations:

1. Throw and catch a ball or object 10 times before moving on.
2. Go over or under pieces of furniture (as long as it is safe to do so!).
3. Complete other exercises such as; star jumps, squats, lunges or press ups before moving on.

Make sure it's a safe course by checking for hazards before you complete it. Make it a challenge by timing it. Can you beat your adult's time?

### Tuesday Follow a Trail

Make and complete a set of control cards and a map for this trail activity around your home.

Make your own cards for someone else in your household. You can make it more difficult or easy by changing the challenge of the questions and where you choose to place your control points!

Follow the activity sheet for further information on how to set up and complete the challenge.

### Wednesday Leaf Bingo

Time to get active, get outdoors and go exploring!

This activity involves identifying examples of different plant and tree leaves. Use the reference sheet to identify and group these leaves depending on their physical characteristics.

1. Give yourself a time to find as many different leaves as possible!
2. You will need a pen or pencil, paper and the leaf bingo sheet.
3. Remember to respect the plants / trees and always ask permission if you are going to pick any!

### Thursday Material Scavenger Hunt

Time for some active science!

In this material scavenger hunt you will collect, identify and name a variety of everyday materials, including wood, plastic, glass, metal, water, and rock.

You will need to move around the house and or garden and find a variety of different objects.

You will then need to categorise then according to their properties.

### Friday Symbols Relay

We love some of the Outdoor Adventurous Activities from [www.britishorienteering.org.uk/](http://www.britishorienteering.org.uk/) and use them a lot in our teaching. This is an adapted version of one of these, to be played inside or outside. You could play on your own or with someone else in your household.

Children are encouraged to submit photos and videos of themselves and their families completing the challenges. Entries must include a school name and can be submitted via any of our social media platforms or emailed to [schoolgames@livingsport.co.uk](mailto:schoolgames@livingsport.co.uk)

#### Twitter and Facebook

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