

# December Festive Physical Activity Challenge 2022

## – Family Resource



## Introduction

Welcome to the December Festive Physical Activity Calendar Challenge!

Your child has been given a calendar with a twist! Behind each door, there are different fun, festive physical activity challenges. Most of the activities will be done at school during the week, but we need your support to help to encourage your child to do the activities in the calendar on the weekends and during the School holiday. You can take part in the activities too; it will be fun for the whole family!



This booklet contains all of the resources that you will need to help your child to take part in this challenge, physical activity ideas for the rest of the month and information on other activity sessions going on in Islington throughout the month of December!

There are physical activity ideas for each day, but please feel free to pick and chose and do as many as you can manage.

# Contents

<b>Weekend challenges</b> .....	<b>4</b>
Weekend 1: Saturday 3 – Sunday 4 December .....	5
Weekend 2: Saturday 10 – Sunday 11 December .....	5
Weekend 3: Saturday 17 – Sunday 18 December .....	6
<b>School holiday challenges</b> .....	<b>7</b>
Video challenges .....	7
Physical activity challenge resources .....	8
<b>Other physical activity ideas for the rest of the month</b> .....	<b>15</b>
Walking.....	15
GLL football sessions .....	15
Active travel .....	15
Gillespie park and ecology centre .....	15
World cup football videos.....	16
Inclusive physical activity options .....	16
Park life – rain or shine .....	16

## Weekend Challenges

These are the challenges from the calendar, to be done on the weekend and during the school holiday!

### Weekend 1: Saturday 3 – Sunday 4 December

#### Arsenal Weekend Challenge 1

## Arsenal In The Community – CHRISTMAS DAILY MILE CHALLENGES

### WEEKEND CHALLENGE 1

**Tik Tok Challenge-** Learn and perform 3 of your favourite routines from Tik Tok. Record them if you like!

**REMEMBER TO TAG US IN YOUR ACTIVITY VIDEOS! @Arsenal\_In\_The\_Community ON INSTAGRAM & @AFCCCommunity on Twitter**

#### Storm Break's lily pad leaps challenge

Scan the QR code to go to the Lily Pad leaps challenge.



#### Arsenal Schools Challenge 2

## Arsenal In The Community – CHRISTMAS DAILY MILE CHALLENGES

### SCHOOLS CHALLENGE 2

**Lunge Challenge-** Can you do lunges across the width of a football pitch? How about the whole length?

**REMEMBER TO TAG US IN YOUR ACTIVITY VIDEOS! @Arsenal\_In\_The\_Community ON INSTAGRAM & @AFCCCommunity on Twitter**

## Visit an adventure playground or park

Scan this QR code to see all of the different adventure playgrounds that you can visit!



## Weekend 2: Saturday 10 – Sunday 11 December

### Arsenal Weekend Challenge 2

## Arsenal In The Community – CHRISTMAS DAILY MILE CHALLENGES

### WEEKEND CHALLENGE 2

**Family Park Walk-** Go for a 20+ minute walk with at least one family member in a local park. If there is outdoor exercise equipment, learn how to use at least 2 of the machines.

**REMEMBER TO TAG US IN YOUR ACTIVITY VIDEOS! @Arsenal\_In\_The\_Community ON  
INSTAGRAM & @AFCCCommunity on Twitter**

### Joe Wicks Dinosaur Workout

Scan this QR code to go to the Joe Wick's workout challenge video.



### Get Going Home at Home Challenges



Scan this QR code to enjoy the fun Obstacle race, Potato golf, and Badminton-challenge challenges.

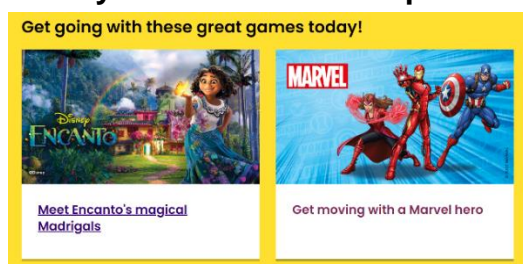


## Red Light Green Light

1. Set a start and finish line.
2. Choose one person to be the 'detective' this could be yourself to start with.
3. The detective stands on the finish line.
4. Everyone else starts at the start line.
5. When the detective is facing away and can't see the group (green light) they are free to move and try to reach the finish line.
6. When the detective is facing the group (red light) they must stop and stand still where they are.
7. The aim is for everyone to make it to the finish line without the detective seeing them move.
8. If a person is caught moving, they go back to the start and try again.
9. You can repeat this with different people as the detective and also using different ways to move. For example, everybody crossing might have to move sideways or crawl etc.

## Weekend 3: Saturday 17 – Sunday 18 December

### Disney 10 Minute Shake Up Game



These fun [Disney 10 Minute Shake Up Games](#) have been inspired by some of your children's favourite Disney characters, and will help them to reach the 60 active minutes that they need every day.

Scan this QR code to do the Disney shake it up challenge.



### Joe Wicks Teddy Bear Workout



Scan the above QR code to go to the Joe Wicks Teddy bear workout video.

## Kickstart Football Challenge



Former footballer Bradley Simmonds has designed 10 exercises in the [Kick Start Football Fitness Challenge](#) that will help players of all levels improve their football fitness.

Scan this QR code to go to the Kickstart football challenge video.



## Play in the Park




Scan the QR code to see all of the different parks that you could visit!



## School Holiday Challenges


### Video Challenges

Scan the QR codes to go to the challenge videos.

Date	Activity
Monday 19 December	Joe Wicks Energizing 5 Minute Workout 
Friday 23 December	Pokémon Yoga 
Saturday 24 December	Special Olympics School Of Strength 

# Physical activity challenge resources


## Plank Challenge



### The Plank 60 Second Challenge

Can you keep the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.




Can you keep trying even if you feel that you want to stop and give up?

**No equipment is required.** Just make sure you use a clear, open and safe space.


If you're finding it tough stop after 30 seconds and have 5 second rest.

**Achieve Platinum!** To achieve platinum can you perform the plank for 90 seconds?


**Achieve Gold**  
60 seconds or more





**Achieve Silver**  
45 seconds or more



**Achieve Bronze**  
30 seconds or more



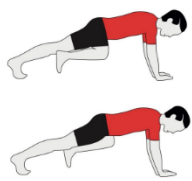
## Climb the mountain challenge



### Climb the Mountain 60 Second Challenge

How many mountain climbers can you complete in 60 seconds?

Make sure you bring your knees up as you move, do not just flick your legs up and down.




Can you keep going even if you start to feel tired?

**No equipment is required.** Just make sure you use a clear, open and safe space.


**Challenge yourself!** Perform a press up after each mountain climber.

**Compete against other family members.** The first person to achieve gold is the winner.

**Achieve Gold**  
50 mountain climbers




**Achieve Silver**  
30 mountain climbers




**Achieve Bronze**  
20 mountain climbers







## Hopscotch challenge



### Hopscotch in a Hurry 60 Second Challenge

How many times can you complete the hopscotch grid and run back to the start in 60 seconds?

Each time you complete a hopscotch grid, run back to the start and you will score a point.




Can you complete the hopscotch grid without missing out any of the squares?

**Mark out a hopscotch grid.** Using chalk, mark out a ten square hopscotch grid on the floor.


Can you complete the grid hopscotch backwards? What medal will you achieve?

**Compete against other family members.** The first person to achieve gold is the winner.


**Achieve Gold**  
20 completed hopscotch circuits





**Achieve Silver**  
15 completed hopscotch circuits



**Achieve Bronze**  
10 completed hopscotch circuits



## Five senses scavenger hunt

Explore outside on a walk or in a garden, to find as many items on the scavenger hunt list as you can!

# FIVE SENSES NATURE SCAVENGER HUNT

Tick each item off your list as you find it.

### SIGHT

- Find something white
- Find something patterned
- Find something tiny
- Find something heart shaped
- Find something long
- Find five of the same thing

### SOUND

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

### TOUCH

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find something smooth

### SMELL

- Find a flower with a scent
- Find a smell you like

### TASTE

- Find something humans could eat
- Find something an animal would eat

Stay Active Staycation Survival Kit from



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**CONNECT FOUR**


● Take turns to choose an activity starting on the bottom row. Once you've completed it, mark it off in your colour.

● The first player to complete four activities in a row is the winner – these can be vertical, horizontal or diagonal.



<b>THROW/ROLL</b> an object into a target 15 times in a row	Complete 25 <b>SHUTTLE RUNS</b>	Perform 50 <b>SIT UPS</b>	<b>BALANCE</b> in a plank position as long as possible	<b>PERFORM</b> 50 mountain climbers	<b>PASS</b> a ball around your waist 50 times	<b>MOVE</b> up and down 200 steps
<b>PLAY</b> a game of Boccia	<b>CREATE</b> a short gymnastics sequence	<b>LEARN</b> a karate sequence	<b>PLAY</b> a game of throw tennis	<b>WRITE</b> and perform a sports anthem	<b>PLAN</b> and make a healthy meal	<b>DESIGN</b> a new sports kit
<b>PLAY</b> a game of charades	<b>SQUAT</b> the 3, 5 or 9 timestable	<b>FIND</b> 5 verbs in a book and perform the actions	<b>RESEARCH</b> the rules of a new sport	<b>JUMP</b> and call out prime numbers	<b>HOP /LIFT KNEE</b> and complete 5 subtractions	<b>WATCH</b> a sport event and <b>WRITE</b> a review
<b>TAP</b> a ball on a racket 50 times	<b>BALANCE</b> on both legs for 60 seconds	<b>JUMP</b> over a pillow 60 times	<b>DRIBBLE</b> a ball through 3 objects, 10 times	<b>THROW</b> and catch a ball 25 times	<b>PERFORM</b> an online fitness exercise	<b>PLAY</b> 10 pin bowling
<b>PAINT</b> or draw a sports picture	<b>PLAY</b> active noughts and crosses	<b>RESEARCH</b> and perform the Haka	<b>CREATE</b> a tower with Lego or blocks	<b>PLAY</b> musical statues or musical chairs	Have a running <b>RACE</b>	<b>BUILD</b> a den
<b>RUN / MOVE</b> on the spot for 60 seconds	<b>JUMP</b> on the spot 25 times	Perform 25 <b>SQUATS</b>	<b>SKIP</b> for 60 seconds	Perform 25 <b>STAR JUMPS</b>	<b>SPEED BOUNCE</b> for 60 seconds	<b>HOP /LIFT KNEE</b> for 60 seconds

## Fast Feet challenge




### Fast Feet 60 Second Challenge

Can you keep going even if you lose control of the ball?

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker five steps away. Each time you dribble the ball around the marker and back you score one point.



**A ball and two markers.**  
If you do not have a ball, how many times can you run around the marker and back?



**Stop the clock, it's a race!**  
Compete against other family members. The first person to achieve gold is the winner.

Dribble the ball using only your weaker foot. Add an extra 30 seconds onto the time.


**Achieve Gold**  
22 dribbles around the marker and back

**Achieve Silver**  
16 dribbles around the marker and back

**Achieve Bronze**  
10 dribbles around the marker and back



## Wall Ball



### Wall Ball 60 Second Challenge

Which skills do you think are needed to enable you to succeed?

How many times can you throw a ball against a wall and catch it in 60 seconds?

You must stand two steps away from the wall. If you drop the ball, carry on counting your score from where you left off.



**You need a ball and a wall!**  
If you do not have a ball, use a rolled up pair of socks.

**Don't drop it!**  
Each time you drop the ball take five seconds off your time!

With a partner, throw and catch the ball against a wall. What medal will you and your partner achieve?

**Achieve Gold**  
40 throw and catches

**Achieve Silver**  
30 throw and catches

**Achieve Bronze**  
20 throw and catches



## Walk or Bike Ride with Family

Walks and/or bike rides are a great way to be active and enjoy you're environment and there are some lovely routes that you can take in Islington – Some parks in Islington even have marked routes for walking, cycling and running – [visit The Islington directory website](#) to find out more.



# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## ON TARGET

的当て | Mato-ate



### Did you know?

Kyūdō is the Japanese martial art of archery. Traditional bows are over 2 metres tall.

Colour me in!

10 Mins



# ON TARGET

## 的当て Mato-ate

Martial Arts



### Activity type

Home

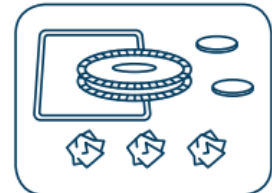
Away

Indoor

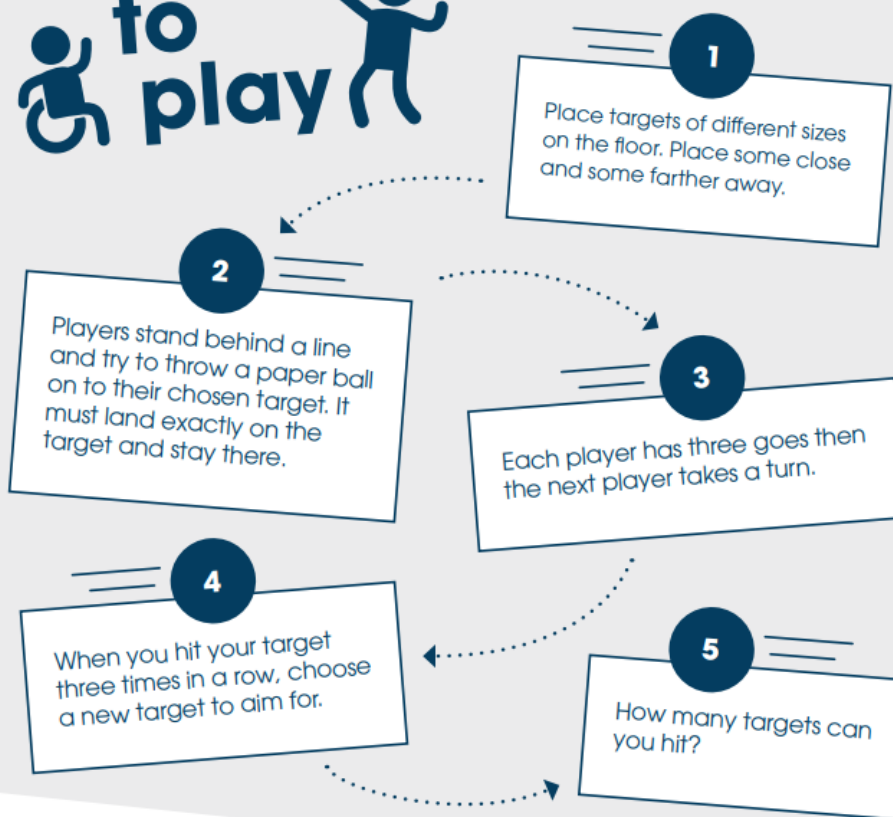
Outdoor

### Equipment

Targets of different sizes, such as a piece of paper, plastic plate, table mat, coaster.  
Crumpled balls of paper - 3



## How to play



### Variations

- Score points. Give each target a different score.
- Make a shape with the targets, like a clock, and hit them in order.
- Roll a small ball instead of throwing paper balls.

### Challenge yourself

- How many times in a row can you hit the target?
- Can you hit a smaller target?
- Can you hit a target that's farther away?

### What next?



**Try something similar**  
archery, boccia, bowls, golf



**Try something different**  
dance, aerobics, cheerleading, hula hooping



Log your activity and find more Tokyo Ten activities and resources at [getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)

[getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)



**TRAVEL TOKYO**



LOTTERY FUNDED

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# CIRCUS SKILLS

All the fun of the big top!

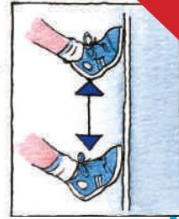
It's easier than just walking, try it!

## Tightrope Walking

- Lay a rope or mark a line on the floor.
- To stay balanced keep your eyes on a fixed point ahead and don't look down.
- Walk the rope with a series of one foot balances.
- Now set challenges along the way such as turning around or stopping to pick something up along the way.



Take care when placing feet on the rope.



## Limbo

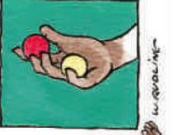
Walk under the rope without touching it... how low can you go?



## Juggling

**On your own:** start with one ball and throw from the hand to hand in the shape of an arc.

- Move to two balls and



It takes time to master but keep trying!

send balls clockwise or anti-clockwise, and introduce races.

Try juggling with scarves, flannels or tea towels as they move through the air slower and are easier to catch.

**Rolled up socks make great juggling balls!**

throw the second when the first is at the top of the arc.

- Move to three balls and start with two in one hand and throw the third ball under the second in a lower arc.

**In a group,** work together to juggle between you,

Juggling circle

Limbo

Walk under the rope without touching it... how low can you go?

Juggling

**On your own:** start with one ball and throw from the hand to hand in the shape of an arc.

- Move to two balls and

**Stay Active Staycation Survival Kit from**



YOUTH  
SPORT  
TRUST

**#Together**

**BINGO**

Complete an activity and tick it off the list!



Go for gold: complete all the activities



Super silver: complete a horizontal or vertical line



Brilliant bronze: complete one activity per line

JUMP up and down in a space 40 times	PLAY musical statues	RIDE a bike, scooter	BALANCE on a part of your body for 60 seconds	JUMP or MOVE over a pillow 40 times	PLAY hide and seek
HOP, JUMP or STAND on the spot for 60 seconds	BALANCE in a plank position	PASS a ball around your waist or head 25 times	BALANCE an object on your head	KEEP a balloon in the air for 60 seconds	PERFORM 50 star jumps
COMPLETE 20 shuttles (running, walking or moving)	SKIP or MOVE for 2 minutes	ROLL a ball across a table 10 times	PERFORM 40 of the same type of jumps	CREATE and complete obstacle course	THROW or ROLL an object into a target 10 times in a row
DRIBBLE a ball in and out of objects	PERFORM 40 squat jumps / sit forwards	THROW or ROLL a ball against a wall or with a sibling	MOVE and complete 10 laps of your house or garden	PERFORM 40 jumps	PLAY a new game with a sibling, parent or carer
PERFORM 30 push ups	PERFORM dance movements	PERFORM a short fitness workout	PERFORM 30 sit ups or lean forwards	PERFORM a gymnastics routine	INVENT and play a new game

# Physical activity ideas for the rest of the month - local physical activity opportunities in the borough

## Walking




Walks are a great way to be active and enjoy your environment and there are some lovely walks to do in Islington – Some parks in Islington even have marked routes for walking and running.

Scan this QR code to visit the Islington directory website to find out more.



## GLL football sessions

All of the following football sessions are free for the first session and located within the borough.

Activity	Date	Scan the QR codes to find out more information
<a href="#"><u>Socca Skills Football sessions (ages 5-9)</u></a>	Tuesdays & Thursdays 4:30 – 5:30pm  Location: Sobell Leisure Centre	
<a href="#"><u>Girl's fun football sessions</u></a>	Wednesday's 5 – 6pm  Location: Whittington Park	
<a href="#"><u>Pay &amp; Play football sessions (ages 4-12)</u></a>	Mondays/Wednesdays & Saturdays 10am – 12pm  Location: Whittington Park	

## Active Travel

Cycle, Walk, Scooter to school (if you go by car, get the person driving to park further from the school so that you can walk some of the way, or get to school early and after you have parked, go for a 10-minute walk)

## Gillespie Park and ecology centre

Scan this QR code to see more information about Gillespie park and ecology centre.



## World Cup football half time challenges

During the world cup the Youth Sport Trust will be running football inspired challenges that can be done from the comfort of your home. The challenge will be posted on the following days via their social media channels:

Challenge 1 – Saturday 3 December 2022




Challenge 2 – Tuesday 13 December 2022

Scan this QR code to find out more about the World cup challenges.



## Inclusive Activities

Here are some more physical activity challenges that you can do that are inclusive. Scan the QR codes to go to the challenges.

London Youth Games Boccia challenge	
Catch and Clap Challenge	
London Youth Games Dribbling Challenge	

## Park life – rain or shine

Play a ball game, play in the park, play hide, and seek, play tag play at an adventure playground.

The largest park in Islington, Highbury Fields has a fabulous children's playground with a big sand pit and water play features. If your child is into sports, there is plenty to do with a full-size pitch, a netball pitch, and 11 tennis courts (most floodlit).