



Pendle School
Sport Partnership

ICON 21

Lockdown 3 - Daily Challenge

Children should be active for at least 60 minutes a day. Being stuck in the house makes this even harder at the present time.

Find below something to help them move a little more over this period and hopefully add a little fun and creativity too.

The task

On page 1, there are a series of activities that children can complete at home. The aim is to do at least one per day for as long as you / they wish. The more the better!

On page 2 there is a series of **icons** that correspond to each activity selected, eg first box, top left says 'Climb Pendle Hill' which means if this task is completed then the 'lighthouse' **icon** is collected.

Work through the activities doing as many as possible.

Then with the **icons** collected, children are tasked with making a picture, collage or anything they wish. They can either:

- Cut out the actual **icon** from the page OR
- Draw the **icons** onto a master picture(s) or c) a mixture of both!

Look forward to seeing your wonderful designs.

Deadline Wed 24th February.

Email to f.callaghan@pendlevale.lancs.sch.uk OR give to your teacher.

Don't forget to post your photos and videos of the action on the platforms below.

@pendlesgo 

 @pendlessp

ICON 21

<p>Climb Pendle Hill</p>	<p>Balance on R foot then L foot then with eyes closed. Can you hold for 60 secs?</p>	<p>Do a Joe Wicks session 9am</p>	<p>Go for a walk with your family</p> 	<p>Do 20 star jumps 20 lunges 20 squats. Repeat 3 times</p>
<p>Make an obstacle course with toys</p>	<p>Go for a bike ride / scooter ride for at least 45 mins</p> 	<p>Can you try speed walking for 20 mins?</p> 	<p>Do the 'can can' to your 3 favourite songs. Kick them legs!</p> 	<p>Do a treasure hunt from www.Pendlessp.com</p>
<p>Set up a scavenger hunt around your house</p> 	<p>Walk then jog then run around the block</p> 	<p>Make an activity up using pegs, laundry basket and stopwatch</p> 	<p>Do 2 x stay at home challenges Link here: fun challenges LSG</p> 	
<p>Climb your stairs x 15 times. Time yourself</p> 	<p>Climb the stairs again and beat your last score</p> 	<p>Create a relay race using soft toys etc. Play against your family</p> 	<p>Put on your PE kit & teach a PE lesson to your teddies. Lots of demo's!!</p> 	<p>Do a Joe Wicks session 9am</p>
<p>Create a dance routine with a top tune. Perform it with sass!</p> 	<p>Keep off screens for a whole day and take a LONG walk instead</p> 	<p>Make a hopscotch game using items around house & learn how to play it</p> 	<p>Set up a treasure hunt at home</p> 	<p>Shadow box to 'Eye of the Tiger' and 'Don't stop me now' & a song of your choice. (Jab / uppercut/ hook)</p>
<p>Design a fun game which can be used by other children for lancs school games21</p>	<p>Play sitting volleyball with a balloon</p>	<p>Use your body to spell out every letter of the alphabet A B C</p>	<p>Make a fitness circuit for your family to try</p> 	<p>Balance on your R then L leg and beat your score from previous on BOTH legs.</p>

