



PHYSICAL

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

Head, shoulders, knees and toes

Sponsored by Table Tennis England

Overview: A fun, fast-paced activity to warm-up minds and improve physical coordination

Time: 10 minutes

Equipment required: Tennis balls or any object to pick up

Benefits:

- Warms-up minds and gets children ready for the day
- Improves physical coordination
- Encourages children to challenge themselves and acknowledge personal improvement
- A quick, easy and fun way to bring exercise into a morning classroom routine



Key stage one:

1. Space out the children in an open space - make sure there's room around them to move.
2. Set a 'ready position' (for example feet together, hands at side).
3. Children stand in the ready position and on command every 5 seconds have to touch either their head, shoulders or knees.
4. Children to return to the ready position after each command.
5. As the children grow in confidence reduce the time between commands.
6. If there's more than one player, have a ball on the ground and make "ball" one of the commands - try to be the first one to pick up the ball when it's called!



LIFE SKILLS

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MINDFULNESS

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COMMUNITY

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LEADERSHIP

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