



WILTSHIRE VIRTUAL SCHOOL GAMES: Change4Life

for KS1
to KS5+

THE CHALLENGES

Retro Dance Mat

- Place markers at the 4 points of a square and a fifth marker in the centre (you should be able to step easily between the markers)
- Start on the central marker and move your feet to the other markers in time to your favourite song
- You can step, hop, jump – move however you wish
- Have fun!

Star Jumps

- How many star jumps can you do in 15 seconds?
- Now try it for 30 seconds
- Can you do a whole minute?
- You can do this in pairs and take turns, or on your own taking breaks in between
- It may be fun to do it to music

Please watch the demonstration videos on our website/social media

WHAT YOU WILL NEED

Space

Inside or outside. You can do these fun challenges pretty much anywhere!

Task

The Change4Life challenges are not competitive. Your main aim is to have fun!

Equipment

For Retro Dance Mat, you will need 4 markers. These need to be flat and easy to stand on, so chalk marks on the ground (outside) or pieces of paper (inside) are ideal.

People

You may need someone to time you and to video you doing the challenges. The Star Jumps challenge works well in pairs so that you can take it in turns.

For advice on how to make these activities more inclusive, visit our website

SEND US YOUR VIDEO ENTRY

Submit your video before 3pm on Friday 26th June at:

www.wiltssport.org/virtual-school-games

Find us on Twitter, Instagram & Facebook @wiltssport #wiltssg

