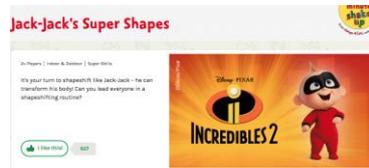


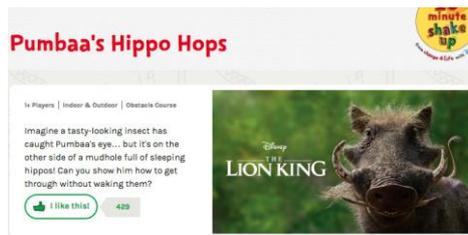


## KS1 Physical Challenge Ideas



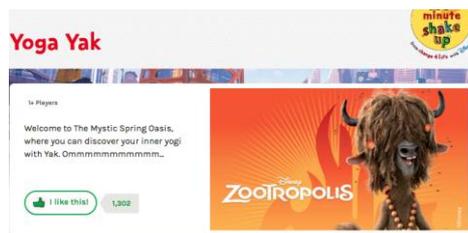
To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/jack-jacks-super-shapes>



To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>



To play the game click this link:

<https://www.nhs.uk/10-minute-shake-up/shake-ups/yoga-yak>

### Focus

Can you play one of the games above, completing all of the steps in the instructions on the website (use the individual links)

### Intermediate

When playing Pumbaa's Hippo Hops, can you think of a different way to move instead of leaping like a Frog? Can you show someone in your household your new idea?

### Mastery

Can you teach/show someone else in your household how to perform some of the Yoga Yak moves?

If you enjoyed these games there are plenty more on:

<https://www.nhs.uk/change4life/activities>

