

Challenge Your Coordination and Concentration With These Not So Simple Tasks

Thumb Challenge Equipment: None

To perform the thumb pointing challenge – with one hand, simply clench your fist and give a ‘thumbs up’ sign. With your other hand, keep your thumb tucked in and point your pointer finger directly at the raised thumb. On ‘switch’, simply reverse positions, with the opposite hand now pointing at the opposite raised thumb. Simply alternate between these two positions and you are doing the thumb challenge!

Juggling Balance Equipment: Paper

Students stand on one leg and raise the other to a 90-degree angle with their knee bent. They then hold a scrunched-up ball of recycled paper beside their hip, using the same hand as the side with the raised leg. Students throw the ball up into the air next to their raised leg and move their other hand under their raised leg to catch the ball. Swap legs and repeat

Winks Equipment: None

Students wink their left eye then click their right fingers and swap, repeating the process. Challenge: Do this as quickly as possible.

Hand Shake Equipment: None

Students stand with their arms extended in front of them and their palms facing away from their body, as if gesturing for someone to stop. Students simultaneously move their right hand left-to-right and their left hand up and down, then swap. Challenge: Students see how quickly they can complete these movements or call out ‘swap!’ at random intervals.

Mr Burns Equipment: None

Students start by tenting their fingers together, with opposite thumbs and fingertips touching. They then separate and re-touch fingers, one-by-one or in a pattern. Challenge: Speed is key! Encourage students to move quickly and create their own patterns.

Itsy Bitsy Walk Equipment: None

Students do the ‘itsy bitsy spider’ movement by joining opposite thumbs to forefingers and rotating their hands around, cycling through the different fingers, i.e. matching their thumbs to each finger in turn.