

# THE BACKYARD CHALLENGE



unleashing  
summer awesome

5 unique backyard challenges

# THE BACKYARD CHALLENGE



## How the challenge works:

The challenge was written for older children to complete on their own or for younger children to work with a parent. I would suggest putting the pages into page protectors and reusing them, but you could also print them each time and save them in a notebook. Encourage the child to use a clipboard to make the record keeping a breeze.

There are 5 different challenges. Mix them up however you wish. You can even reuse the challenges a different week. All challenges are designed to work with the most basic materials in a simple backyard. The final challenge is for use with a partner. This can be a sibling, friend, or parent.

## Materials:

sidewalk chalk  
water guns or spray bottles  
hula hoop  
jump rope  
ball  
timer/stopwatch  
clipboard and page protectors (optional)



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# Backyard Challenge #1



## 1 Minute Challenges

See how many bubbles you can blow in one minute. Record your answer.

\_\_\_\_\_

Do as many jumping jacks as you can in 1 minute. How many did you get? \_\_\_\_\_.

Setup 2 hula hoops across the yard from each other. Stand in one and see if you can throw a ball or bean bag into the other hoop. How many can you get in 1 minute? \_\_\_\_\_

See how many times you can jump rope without messing up.

1st try \_\_\_\_\_

2nd try \_\_\_\_\_

3rd try \_\_\_\_\_

Kick the ball around the perimeter of the yard. Time yourself and record it here.

My record --->

Setup an obstacle course for your family. Set a timer and record your best time running the course.

My record --->



Check when complete.

Fill up your squirt gun/bottle and water the plants.

Draw something sweet with your sidewalk chalk.

Using only things you find in your backyard, create a piece of art and take a picture of it.

# Backyard Challenge #2



## 1 Minute Challenges

See how many toe touches you can do in 1 minute. Record your answer.

\_\_\_\_\_

How many times can you kick the ball in 1 minute? Record your answer. \_\_\_\_\_

Setup a jump rope a few feet away. See how many bubbles you can blow over the line in 1 minute? \_\_\_\_\_

Set up two parallel jump ropes on the ground. Practice jumping over the "river". Measure your jumps.

My record --->

Setup an obstacle course for your family. Set a timer and record your best time running the course.

My record --->



Jump rope with a hula hoop. See how many times you can jump without messing up.

1st try \_\_\_\_\_

2nd try \_\_\_\_\_

3rd try \_\_\_\_\_

Check when complete.

Use your squirt gun/bottle to spell words on the porch or sidewalk.

Draw and label your family with sidewalk chalk.

Can you create something entirely out of grass?

# Backyard Challenge #3



## 1 Minute Challenges

Jump up and down in place. How many times can you do it in 1 minute? \_\_\_\_\_

Tie a knot in one end of the jump rope and create a lasso. See how many things in the yard you can lasso in 1 minute. Record your answer. \_\_\_\_\_

Fill your squirt gun/bottle up and use it to fill a cup. See how much you can fill in 1 minute. Record your answer. \_\_\_\_\_

Roll your hula hoop around the perimeter of the yard. How fast can you do it?

My record--->

Setup an obstacle course with water toys. Set a timer and record your best time running the course.

My record --->



See how many times you can jump rope without messing up.

1st try \_\_\_\_\_

2nd try \_\_\_\_\_

3rd try \_\_\_\_\_

Check when complete.

Draw your favorite place using sidewalk chalk.

Put some bubbles in the splash pool or water table. Give your cars or dolls a bath.

Get a ball and make up a new game to play with it. Hint: think of a game you already know and change the rules.

# Backyard Challenge #4



## 1 Minute Challenges

How many times can you run around your yard in 1 minute? \_\_\_\_\_

Place 2 jump ropes a few feet apart. See how many times you can kick a ball into the "river." Record your answer. \_\_\_\_\_

See how many times you can jump over the 2 jump ropes in 1 minute. \_\_\_\_\_

Throw the hula hoop like a frisbee. How far can you throw it? Get a measuring tape and measure it.

My record --->

Setup an obstacle course with at least 2 jump ropes. Set a timer and record your best time running the course.

My record --->



Jump rope with a hula hoop. See how many times you can jump without messing up.

1st try \_\_\_\_\_

2nd try \_\_\_\_\_

3rd try \_\_\_\_\_

Check when complete.

Draw a hopscotch board and play a game.

Find a few small toys and put them in a small container with some water. Freeze them for a few hours and then "dig" them out!

Blow the biggest bubble you can possibly blow.

# Backyard Challenge #5 (Partners)



## 1 Minute Challenges

Take turns holding a hula hoop. How many times can you throw the ball through in 1 minute? \_\_\_\_\_

Get 2 small cups and one large container. Set the cups across the yard. See how much of the large container you can fill in one minute. Record your answer. \_\_\_\_\_

Practice the three-legged race. See how many times you can run around the yard together in 1 minute. \_\_\_\_\_

See how fast you can do the crab walk across your backyard. Record your time.

My record --->

See how many times you can toss a ball to one another without dropping it.

My record --->



See how many times you can double jump rope without messing up.

1st try \_\_\_\_\_

2nd try \_\_\_\_\_

3rd try \_\_\_\_\_

Check when complete.

Lay down on the ground and take turns tracing each other with sidewalk chalk.

Blow bubbles to each other and try to catch them on the wand.

Fill your water guns with fresh water from the kitchen then squirt into each other's mouths for a cool drink.