



Principal: Mr. N. Glover

Friday 3rd October 2025

Cheeky Champions Challenge

Dear Parents/Carers,

Welcome to the Cheeky Champions Challenge!

As a group of schools, we want to challenge all of the children in our Early Years Foundation Stage to master moving their body in a range of ways. This has led to us creating our Cheeky Champions challenge!

Various studies have shown that children have a better chance of becoming physically literate if they master the big 6 before they're 6. The big 6 are running, stopping, jumping, hopping, throwing and catching.

A large group of staff within the Collegiate have worked together to agree on the Cheeky Champion challenges – they align with your child's early learning goals and if they work on these areas, it will help them develop fantastic gross and fine motor skills.

Our staff will tick each challenge off as they achieve them – but you have a HUGE role in helping the children develop physically. Any opportunities you take to help them to move now will really help them as they grow older and develop good habits. Please see the Cheeky Champions checklist on the following page for ideas of what we would like you to work on to develop these skills further at home.

With three levels to the challenge, I look forward to seeing how much our Cheeky Champions can achieve!

Yours Sincerely

Mr. Sigley,
P.E Specialist

If you require this letter in another format, please contact the school office.



Cheeky Champions!



I know how to do a forward roll!

I know how to ride on a bike or scooter demonstrating balance and control!

I know how to hold my own body weight with my hands for 10 seconds or more (hanging from a bar)!

I know how to hop on one leg in a straight line 20 times or more!

I can walk over a bench, stopping and turning 360 degrees in the middle – without falling off!

I move whilst controlling a ball with my feet and can kick a ball at targets with precision & accuracy

I know how to run continuously without stopping for 2 minutes 30 seconds!!

I know how to hold myself in a press up position for 60 seconds or more!

I know how to throw and catch a bean bag to myself without dropping it 10 times in a row!

I know how to use an under-arm throw for accuracy and an over-arm throw for distance!

I know how to get changed all by myself!

I know how to use a knife and fork correctly!

Bronze = 3 boxes ticked



Silver = 6 boxes ticked



Gold = All boxes ticked

