

KS3 PE

**Blended Learning
Booklet**

Skills Challenge #1

Throw | Clap | Catch

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at teenagers but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #1 Focus: **Hand eye coordination**

Skills Challenge #1 – Throw | Clap | Catch

The rules:

Choose a type of ball | Throw the ball in the air | Clap as many times as you can | Catch the ball | Record your score.

Personal Best: Try to get your best score over three days

Vs: Play against someone, best of three wins

If you haven't got a ball you could use something in your home that is suitable to throw and catch like a toilet roll.

Skills Challenge #1

Focus on:

Hand Eye
Coordination



The skill: Throw | Clap | Catch

1. Throw a ball into the air
2. Clap as many times as you can
3. Catch the ball (only counts if you catch it)
4. Record your score



Personal Best: 3 Day Challenge

3 Attempts | For 3 days | Record your scores
What is your personal best?

Throw Clap Catch	Your Score Attempt 1	Your Score Attempt 2	Your Score Attempt 3
Day 1:			
Day 2:			
Day 3:			

Vs Challenge

Head to head | 3 attempts each | Record your scores
Who wins?

Throw Clap Catch	Player 1 Score:	Player 2 Score:	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			

Skills Challenge #2

Standing Jump | Running Jump

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #2 Focus: **Power**

Skills Challenge #2 – Standing jump | Running jump

The rules:

Choose starting point | Jump from that point (either standing or run up) | Measure from starting point to back part of body | Record your score.

Personal Best: Try to get your best score over 5 attempts

Vs: Play against someone, best score wins

If you are unable to measure your distance, mark jumps with a small safe object and try to jump pass it.

Skills Challenge #2

Focus on: **Power**



The skill: Standing Jump | Running Jump

1. Choose a starting point
2. Jump (from standing) measure distance from back foot
3. Jump (with run up) measure distance from back foot
4. Record your scores



Personal Best: Challenge

5 Attempts | Record your scores
What is your personal best?

	Standing Jump	Running Jump
1 st Attempt		
2 nd Attempt		
3 rd Attempt		
4 th Attempt		
5 th Attempt		

Vs Challenge

Head to head | Record your scores
Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Standing Jump			
Running Jump			

Skills Challenge #3

Single leg balance

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #3 Focus: **Balance**

Skills Challenge #3 – Single leg balance

The rules:

Choose a single leg balance from the picture or your own | Hold and time your balance | Record your score | Repeat on other leg

Personal Best: Try to get your best score over 3 attempts on 4 different balances

Vs: Pick a balance | Play against someone, best time wins

Either time using a stop watch or count whilst you balance

Skills Challenge #3

Focus on: **Balance**



The skill: Single leg balance

1. Choose a balance from the pictures (or your own)
2. Time how long you can hold the balance
3. Record your scores
4. Repeat on opposite leg

3 Attempts | 4 different balances |
Record your scores | What is your personal best?

	Single leg balance (time held)			
1 st Attempt				
2 nd Attempt				
3 rd Attempt				

Head to head | Record your scores | Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Balance 1			
Balance 2			
Balance 3			
Balance 4			

Personal Best: Challenge

Vs Challenge

Skills Challenge #4

Route Race

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #4 Focus: **Speed and agility**

Skills Challenge #4 – Route Race

The rules:

Choose and set up a route | Decide how many laps of the route | Sprint the route and agreed laps
| Record your time

Personal Best: Try to get your best score over 3 attempts

Vs : Play against someone, best time wins

Change your route or laps for extra challenge

If the route space allows, race against your opponent at the same time

Skills Challenge 4

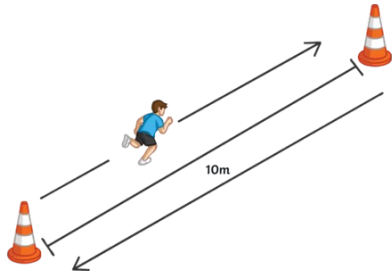
Focus on:

Speed and agility



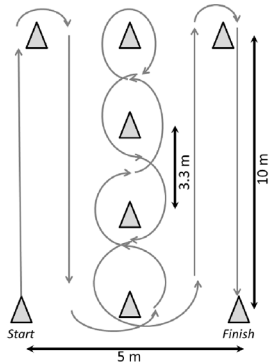
The skill: Route Race

1. Set up a route (pictures to guide)
2. Decide how many laps
3. Sprint around the route, time yourself.
4. Record your time



Personal Best: Challenge

3 Attempts | Time your race
| Record your scores | What is
your personal best?



Vs Challenge

Head to head | Record your
times | Who wins?

	Race time
1 st Race	
2 nd Race	
3 rd Race	

	Race time:	Winner
Player 1 time		
Player 2 time		

Skills Challenge #5

Wall Ball

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #5 Focus: **Power**

Skills Challenge #5 – Wall Ball

The rules:

Choose a type of ball | Throw the ball against the wall and catch it | Record your score.

Personal Best: Try to get your best score over three days

Vs: Play against someone, best of score wins

Try different size and types of balls to make it easier and harder.

Try only catching with one hand as an extra challenge.

Skills Challenge #5

Focus on:

Coordination



Personal Best: Challenge

5 Attempts | Any hand catch |
Single hand catch | Record your scores
What is your personal best?

	Any hand catch	Single hand catch
1 st 30 Seconds		
2 nd 30 Seconds		
3 rd 30 Seconds		
4 th 30 Seconds		
5 th 30 Seconds		

The skill: Wall Ball

1. Choose a type of ball
2. Throw and catch the ball against the wall for 30 seconds
3. Count how many you catch
4. Record your answers



Vs Challenge

Head to head | Record your scores
Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Any hand catch			
Single hand catch			

Skills Challenge #6

Bat and Ball Keep ups

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #6 Focus: **Hand eye coordination**

Skills Challenge #6 – Bat and Ball Keep ups

The rules:

Choose a type of ball and a bat/racquet | Hit the ball in the air as many times as you can until it drops | Record your score.

Personal Best: Try to get your best score over 5 attempts

Vs: Play against someone, best score, best of three wins

For extra challenge | Change the bat or ball type | Use the edge of your bat only |

If you don't have a bat, use your feet to kick ups

Skills Challenge #6

Focus on:

Hand Eye
Coordination



The skill: Bat and Ball Keep ups

1. Choose a bat/racket and an ball
2. Continuously hit the ball into the air
3. Record your score
4. Repeat with different bat/ball



Personal Best: Challenge

5 Attempts | Record your scores
What is your personal best?

	Bat and ball type 1	Bat and ball type 1
1 st Attempt		
2 nd Attempt		
3 rd Attempt		
4 th Attempt		
5 th Attempt		

Vs Challenge

Head to head | 3 attempts each | Record your scores
Who wins?

Bat and Ball Keep ups	Player 1 Score:	Player 2 Score:	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			

Skills Challenge #7

Hop to it

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #7 Focus: **Balance and power**

Skills Challenge #7 – Hop to it

The rules:

Decide which leg to start on | Hop for as many times as you can for 60 seconds | Record your score | Repeat on other leg

Personal Best: Try to get your best score over 3 attempts on each leg

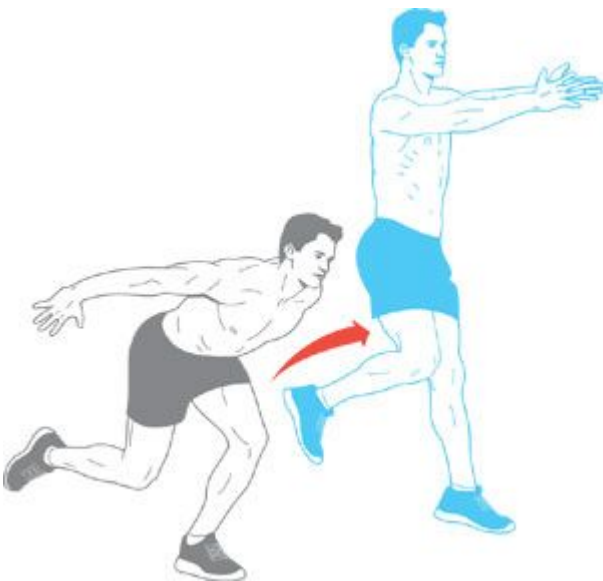
Vs: Play against someone, most hops win

For extra challenge, hop over a line or stick

Either time using a stop watch or count whilst you hop

Skills Challenge #7

Focus on: **Balance**
and power



The skill: Hop to it

1. Decide what leg to start on
2. Hop as many times as you can for 60 seconds
3. Record your scores
4. Repeat on opposite leg



Personal Best: Challenge

3 Attempts | different legs | Record your scores |
What is your personal best?

Hop to it	Left Leg	Right Leg
1 st Attempt		
2 nd Attempt		
3 rd Attempt		

Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Left Leg			
Right Leg			

Skills Challenge #8

Speed Bounce

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #8 Focus: **Speed and agility**

Skills Challenge #8 – Speed bounce

The rules:

Choose or set up a line to jump over | Two foot jump over the line | Jump over the line as many times as you can in 60 seconds | Record your score

Personal Best: Try to get your best score over 3 attempts

Vs : Play against someone, best score wins, best of three

Increase the size of line/object you jump over extra challenge

If the space allows, jump at the same time as your opponent

Skills Challenge #8

Focus on:

Speed and agility



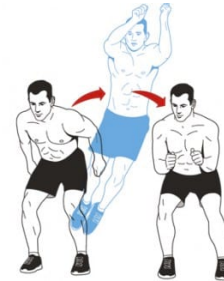
Personal Best: Challenge

3 Attempts | 60 Second jumps |
Record your scores
What is your personal best?

	Score:
1 st 60 Seconds	
2 nd 60 Seconds	
3 rd 60 Seconds	

The skill: Speed bounce

1. Choose or set up a line
2. Two foot jump over the line
3. Jump over the line as many times as you can in 60 seconds
4. Record your score



Head to head | Best of three | Record your scores
Who wins?

Vs Challenge

	Player 1 Score:	Player 2 Score:	Winner
1 st 60 Seconds			
2 nd 60 Seconds			
3 rd 60 Seconds			

Skills Challenge #9

Press Up Clap

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #9 Focus: **Power**

Skills Challenge #9 – Press Up Clap

The rules:

From the press up position | Press up and the clap | As many times as you can | Record your score

Personal Best: Try to get your best score over 5 attempts

Vs: Play against someone, best score wins

To make it slightly easier- Press up on the stairs, facing up the stairs

Skills Challenge #9

Focus on: **Power**



The skill: Press Up Clap

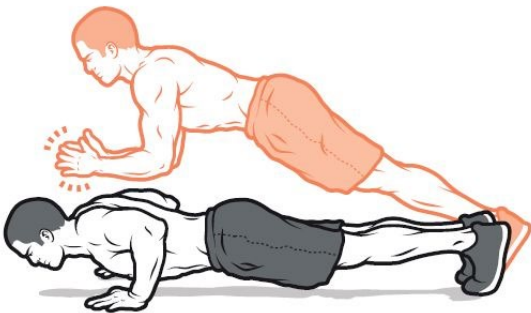
- 1. From press up position
- 2. Press up and clap
- 3. As many times as you can
- 4. Record your score



Personal Best: Challenge

5 Attempts | Record your scores |
What is your personal best?

Press Up Clap	
1 st Attempt	
2 nd Attempt	
3 rd Attempt	
4 th Attempt	
5 th Attempt	



Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Press Up Clap			

Skills Challenge #10

Foot Wall Ball

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- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #10 Focus: **Coordination and agility**

Skills Challenge #10 – Foot Wall Ball

The rules:

Choose a type of ball | Kick the ball against the wall for 60 seconds | Record your score.

Personal Best: Try to get your best score over three attempts

Vs: Play against someone, best of three | Best score wins

Try different size and types of balls to make it easier and harder.

Try only using one foot to kick the ball as an extra challenge.

Skills Challenge #10

Focus on:

**Coordination
and agility**



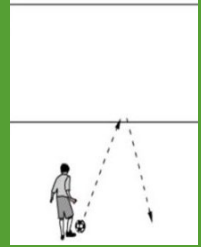
Personal Best: Challenge

3 Attempts | Kick ball against wall
| Record your scores
What is your personal best?

	Score:
1 st 60 Seconds	
2 nd 60 Seconds	
3 rd 60 Seconds	

The skill: Foot Wall Ball

1. Choose a type of ball
2. Kick the ball against the wall for 60 seconds
3. Count how many you complete
4. Record your answers



Vs Challenge

Head to head | Best of three | Record your scores
Who wins?

	Player 1 Score:	Player 2 Score:	Winner
1 st 60 Seconds			
2 nd 60 Seconds			
3 rd 60 Seconds			

Skills Challenge #11

The Plank

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #11 Focus: **Power**

Skills Challenge #11 – The Plank

The rules:

From plank position | Hold the correct position as long as possible | Record your time each day | Do you improve?

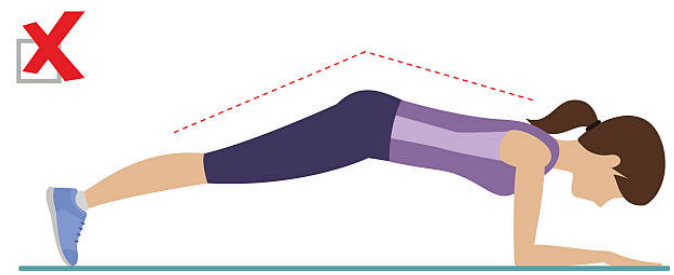
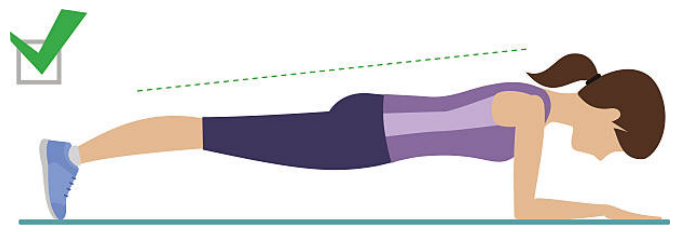
Personal Best: Try to get your longest time over 5 days

Vs: Play against someone, longest time wins

For extra challenge, research and try side planks.

Skills Challenge #11

Focus on: **Power**



The skill: The Plank

- 1. From plank position
- 2. Hold the correct position for as long as possible
- 3. Record your time daily, Do you improve?



Personal Best: Challenge

Daily Attempt | Record your times | What is your best day?

Plank Daily (time in seconds)	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Vs Challenge

Head to head | Record your scores| Who wins?

	Player 1 Time	Player 2 Time	Winner
Plank			

Skills Challenge #12

Throw | Turn | Catch

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #12 Focus: **Hand eye coordination and Agility**

Skills Challenge #12 – Throw | Turn | Catch

The rules:

Using a large type of ball | Throw the ball in the air | turn 180° (Half turn) or 360° (full turn) | Catch the ball | As many times as you can in 30 seconds | Record your score.

Personal Best: Try to get your best score in 3 attempts

Vs: Play against someone, best of three wins

If you haven't got a ball you could use something in your home that is suitable to throw and catch like a toilet roll.
Agree the time before the game and count if you do not have stop watch

Skills Challenge #12

Focus on: Hand Eye Coordination
Agility



The skill: Throw | Turn | Catch

- 1. Throw the ball into the air
- 2. Turn (half or full turn)
- 3. Catch the ball as many times as you can in 30 seconds
- 4. Record your score



Personal Best: Challenge

3 Attempts | Record your scores
What is your personal best?

Throw Turn Catch	180° Turn Score	360° Turn Score
Attempt 1:		
Attempt 2:		
Attempt 3:		

Vs Challenge

Head to head | Record your scores
Who wins?

Throw Turn Catch	180° Turn Score	360° Turn Score	Winner
Player 1:			
Player 2:			

Skills Challenge #13

Speed Step Ups

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #13 Focus: **Speed and agility**

Skills Challenge #13 – Speed Step ups

The rules:

Choose a step | Step up with one foot at a time | Step down one foot at a time | Complete as many as you can in 60 seconds | Record your score

Personal Best: Try to get your best score over 3 attempts

Vs : Play against someone, best score wins, best of three

Increase the size of your steps for a greater challenge

Use your bottom stair in your house as an alternative to a step

Skills Challenge #13

Focus on:

Speed and agility



Personal Best: Challenge

3 Attempts | 60 Second jumps |

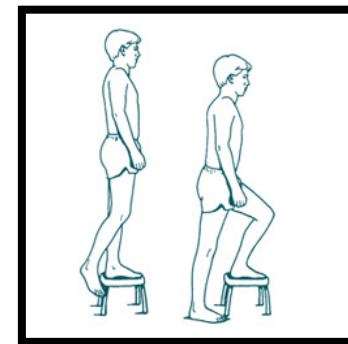
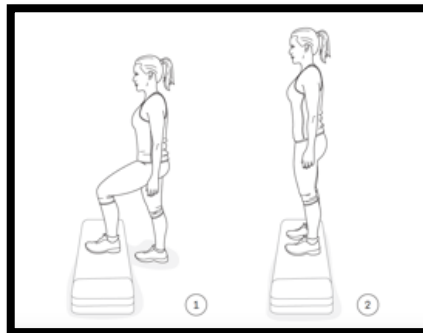
Record your scores

What is your personal best?

	Score:
1 st 60 Seconds	
2 nd 60 Seconds	
3 rd 60 Seconds	

The skill: Speed Step Ups

1. Choose a step
2. Step up and down
3. As many times as you can in 60 seconds
4. Record your score



Head to head | Best of three | Record your scores
Who wins?

Vs Challenge

	Player 1 Score:	Player 2 Score:	Winner
1 st 60 Seconds			
2 nd 60 Seconds			
3 rd 60 Seconds			

Skills Challenge #14

1 Bounce Wall Catch

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #14 Focus: **Coordination and agility**

Skills Challenge #14 – 1 Bounce Wall Catch

The rules:

Choose a type of ball | Throw the ball to bounce on the floor | Then hit the wall and catch the ball | Count how many times you catch the ball in a row without dropping it | Tick off the milestones and record a personal best

Personal Best: Try to complete all 6 levels and record your personal best

Vs: Play against someone, best of three | Best score wins

Try different size and types of balls to make it easier and harder.

Start from different distances away from the wall.

Skills Challenge #14

Focus on:

**Coordination
and agility**



Personal Best: Challenge

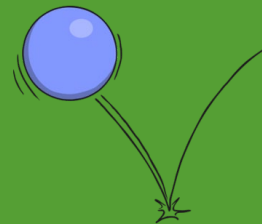
Tick off milestones achieved |
Set a personal best

Tick ✓ when achieved each level

Level 1=5 Catches	
Level 2= 10 Catches	
Level 3= 16 Catches	
Level 4= 25 Catches	
Level 5= 35 Catches	
Ultimate Challenge= More then 50 Catches	
Persona best score:	

The skill: 1 Bounce Wall Catch

1. Choose a type of ball
2. Throw the ball to bounce on the floor
3. Then hit the wall and catch it
4. Tick off the milestones
5. Set a personal best



Vs Challenge

Head to head | Best of three | Record your scores
Who wins?

As many catches in a row without dropping the ball	Player 1 Score:	Player 2 Score:	Winner
1 st Attempt:			
2 nd Attempt:			
3 rd Attempt			

Skills Challenge #15

Target shots

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #15 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #15 – Target shots

The rules:

Set up a target (Hoop, draw a small area, blanket etc) | Agree a distance away from the target | Using 10 small objects (stones, bean bags etc) | Throw object to land in target | Record your score out of 10.

Personal Best: Try to get your best score out of 10 over 5 attempts

Vs: Play against someone, best score, best of three wins

For extra challenge | Change the distance from target | Reduce target size |

Skills Challenge #15

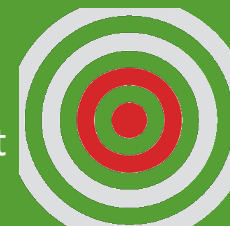
Focus on:

**Hand Eye
Coordination – Accuracy**



The skill: Target Shots

1. Set up a target
2. Decide a distance away from the target
3. Ten shots attempt to land in the target
4. Record your score



Personal Best: Challenge

5 Attempts | Record your scores
What is your personal best?

	Score out of 10
1 st Attempt	
2 nd Attempt	
3 rd Attempt	
4 th Attempt	
5 th Attempt	

Vs Challenge

Head to head | 3 attempts each | Record your scores
Who wins?

	Player 1 Score /10	Player 2 Score /10	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			

Skills Challenge #11

The Plank

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- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #11 Focus: **Power**

Skills Challenge #11 – The Plank

The rules:

From plank position | Hold the correct position as long as possible | Record your time each day | Do you improve?

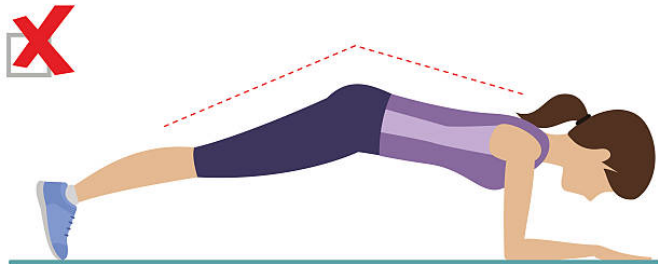
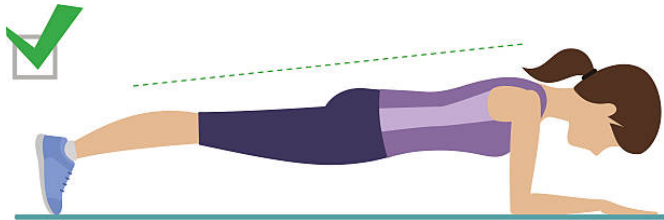
Personal Best: Try to get your longest time over 5 days

Vs: Play against someone, longest time wins

For extra challenge, research and try side planks.

Skills Challenge #11

Focus on: **Power**



The skill: The Plank

1. From plank position
2. Hold the correct position for as long as possible
3. Record your time daily, Do you improve?



Daily Attempt | Record your times |
What is your best day?

Plank Daily (time in seconds)

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Personal Best: Challenge

Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Time	Player 2 Time	Winner
Plank			



PE SCHOLAR

For more home learning resources, please visit: pescholar.com/home-learning

Skills Challenge #12

Throw | Turn | Catch

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- Each challenge has a skill component focus.
- Skills Challenge #12 Focus: **Hand eye coordination and Agility**

Skills Challenge #12 – Throw | Turn | Catch

The rules:

Using a large type of ball | Throw the ball in the air | turn 180° (Half turn) or 360° (full turn) | Catch the ball | As many times as you can in 30 seconds | Record your score.

Personal Best: Try to get your best score in 3 attempts

Vs: Play against someone, best of three wins

If you haven't got a ball you could something in your home that is suitable to throw and catch like a toilet roll.
Agree the time before the game and count if you do not have stop watch

Skills Challenge #12

**Focus on: Hand Eye Coordination
Agility**



The skill: Throw | Turn | Catch

1. Throw the ball into the air
2. Turn (half or full turn)
3. Catch the ball as many times as you can in 30 seconds
4. Record your score



Personal Best: Challenge

3 Attempts | Record your scores
What is your personal best?

Throw Turn Catch	180° Turn Score	360° Turn Score
Attempt 1:		
Attempt 2:		
Attempt 3:		

Vs Challenge

Head to head | Record your scores
Who wins?

Throw Turn Catch	180° Turn Score	360° Turn Score	Winner
Player 1:			
Player 2:			

Skills Challenge #13

Speed Step Ups

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- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #13 Focus: **Speed and agility**

Skills Challenge #13 – Speed Step ups

The rules:

Choose a step | Step up with one foot at a time | Step down one foot at a time | Complete as many as you can in 60 seconds | Record your score

Personal Best: Try to get your best score over 3 attempts

Vs : Play against someone, best score wins, best of three

Increase the size of your steps for a greater challenge

Use your bottom stair in your house as an alternative to a step

Skills Challenge #13

Focus on:

Speed and agility



Personal Best: Challenge

3 Attempts | 60 Second jumps |

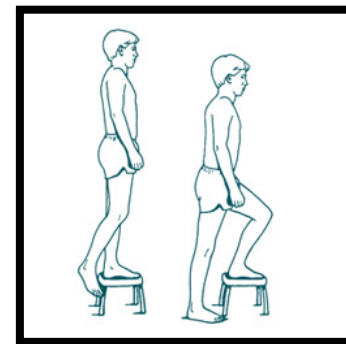
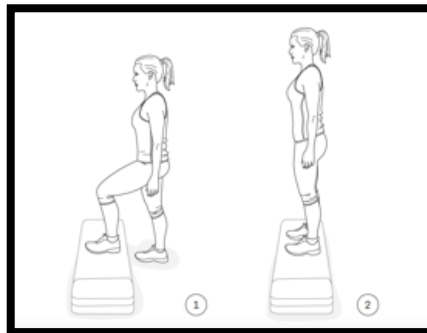
Record your scores

What is your personal best?

	Score:
1 st 60 Seconds	
2 nd 60 Seconds	
3 rd 60 Seconds	

The skill: Speed Step Ups

1. Choose a step
2. Step up and down
3. As many times as you can in 60 seconds
4. Record your score



Head to head | Best of three | Record your scores
Who wins?

Vs Challenge

	Player 1 Score:	Player 2 Score:	Winner
1 st 60 Seconds			
2 nd 60 Seconds			
3 rd 60 Seconds			



PE SCHOLAR

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Skills Challenge #14

1 Bounce Wall Catch

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #14 Focus: **Coordination and agility**

Skills Challenge #14 – 1 Bounce Wall Catch

The rules:

Choose a type of ball | Throw the ball to bounce on the floor | Then hit the wall and catch the ball | Count how many times you catch the ball in a row without dropping it | Tick off the milestones and record a personal best

Personal Best: Try to complete all 6 levels and record your personal best

Vs: Play against someone, best of three | Best score wins

Try different size and types of balls to make it easier and harder.

Start from different distances away from the wall.

Skills Challenge #14

Focus on:

**Coordination
and agility**



Personal Best: Challenge

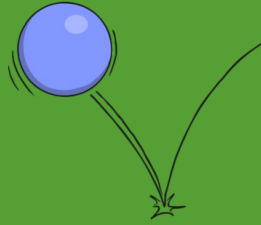
Tick off milestones achieved |
Set a personal best

Tick ✓ when achieved each level

Level 1=5 Catches	
Level 2= 10 Catches	
Level 3= 16 Catches	
Level 4= 25 Catches	
Level 5= 35 Catches	
Ultimate Challenge= More then 50 Catches	
Persona best score:	

The skill: 1 Bounce Wall Catch

1. Choose a type of ball
2. Throw the ball to bounce on the floor
3. Then hit the wall and catch it
4. Tick off the milestones
5. Set a personal best



Vs Challenge

Head to head | Best of three | Record your scores
Who wins?

As many catches in a row without dropping the ball	Player 1 Score:	Player 2 Score:	Winner
1 st Attempt:			
2 nd Attempt:			
3 rd Attempt			

Skills Challenge #15

Target shots

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #15 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #15 – Target shots

The rules:

Set up a target (Hoop, draw a small area, blanket etc) | Agree a distance away from the target | Using 10 small objects (stones, bean bags etc) | Throw object to land in target | Record your score out of 10.

Personal Best: Try to get your best score out of 10 over 5 attempts

Vs: Play against someone, best score, best of three wins

For extra challenge | Change the distance from target | Reduce target size |

Skills Challenge #15

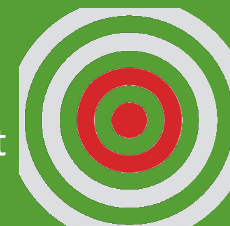
Focus on:

**Hand Eye
Coordination – Accuracy**



The skill: Target Shots

1. Set up a target
2. Decide a distance away from the target
3. Ten shots attempt to land in the target
4. Record your score



Personal Best: Challenge

5 Attempts | Record your scores
What is your personal best?

	Score out of 10
1 st Attempt	
2 nd Attempt	
3 rd Attempt	
4 th Attempt	
5 th Attempt	

Vs Challenge

Head to head | 3 attempts each | Record your scores
Who wins?

	Player 1 Score /10	Player 2 Score /10	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			

Skills Challenge #16

∞ Balance

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #16 Focus: **Balance and Agility**

Skills Challenge #16 –∞ Balance

The rules:

Set up two cones/objects a small distance apart | Choose a ball and a racquet or bat | Walk around the cones in a figure of 8, balancing the ball | Count as many times as you can without dropping the ball | Record your score each day

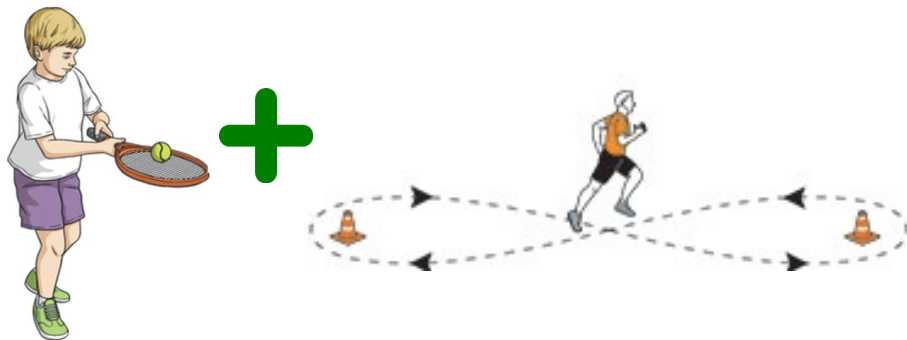
Personal Best: Try to get your best score time over 5 attempts

Vs: Play against someone, most laps win

For extra challenge, change the size of your course. Change the ball and racquet/bat type

Skills Challenge #16

Focus on: **Balance**
and agility



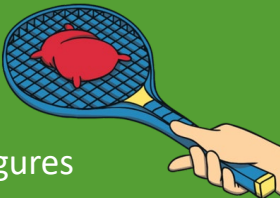
Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score	Player 2 Score	Winner
Number of ∞ laps			

The skill: ∞ *Balance*

1. Set up two cones/objects
2. Choose a bat and ball
3. Whilst balancing ball, complete figures of 8s around cones
4. Record your score



5 Attempts | Record your laps |
What is your best day?

Personal Best: Challenge

Number of ∞ laps	
1 st Attempt	
2 nd Attempt	
3 rd Attempt	
4 th Attempt	
5 th Attempt	

Skills Challenge #17

Crunch time

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #17 Focus: **Strength**

Skills Challenge #17 – Crunch time

The rules:

From starting position | Complete as many correct sit up as you can in 90 seconds | Record your score

Personal Best: Try to get your best score over 5 days

Vs : Play against someone, best score wins, best of three

Hold weights to increase challenge

Reduce the time to make the challenge easier

Skills Challenge #17

Focus on:

Strength



The skill: Crunch time

1. From sit up position
2. Complete as many Sit ups as you can
3. In 90 seconds
4. Record your score



Personal Best: Challenge

5 Days | 90 Seconds |
Record your scores |
What is your personal best?

Number of Sit Ups

Number of Sit Ups	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



Head to head | Best of three | Record your scores
Who wins?

Vs Challenge

	Player 1 Score:	Player 2 Score:	Winner
1 st 90 Seconds			
2 nd 90 Seconds			
3 rd 90 Seconds			

Skills Challenge #18

Target Strike

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #18 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #18 – Target strike

The rules:

Set up a target (cone, stump, post) | Agree a distance away from the target | Using a ball (Tennis balls or bean bags) | Throw ball to hit target | Record your score out of 5 attempts.

Personal Best: Try to get your best score out of 5 attempts

Vs: Play against someone, best score, best of three wins

For extra challenge | Change the distance from target | Reduce target size |

Skills Challenge #18

Focus on:

**Hand Eye
Coordination – Accuracy**



The skill: Target Strike

1. Set up a target (cone or stump)
2. Decide a distance away from the target
3. 5 attempts to hit target
4. Record your score



Personal Best: Challenge

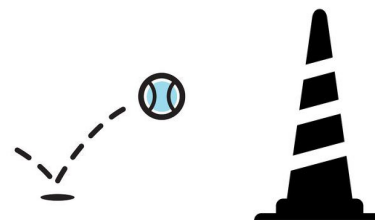
5 Attempts | Record your scores
What is your personal best?

	Score out of 5
1 st Attempt	
2 nd Attempt	
3 rd Attempt	
4 th Attempt	
5 th Attempt	

Vs Challenge

Head to head | 3 attempts each | Record your scores
Who wins?

	Player 1 Score /5	Player 2 Score /5	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			



Skills Challenge #19

Shuttle Speed

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #19 Focus: **Speed and agility**

Skills Challenge #19 – Shuttle Speed

The rules:

Set up 5 markers different distances apart | Sprint to each marker and back to start in turn | Time yourself | Record your time

Personal Best: Try to get your quickest time in 3 attempts

Vs: Play against someone, best of three wins

Use cones or household objects to make your course

Change the distance of markers to add extra challenge | Add hurdles to improve agility

Skills Challenge #19

Focus on: **Speed**
and Agility



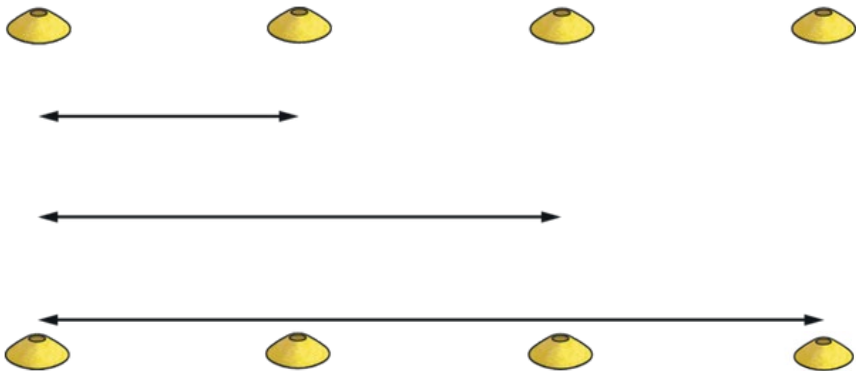
Personal Best: Challenge

3 Attempts | Record your scores
What is your personal best?

Shuttle Speed	Time
Attempt 1:	
Attempt 2:	
Attempt 3:	

The skill: Shuttle speed

1. Set out a 5 marker course
2. Sprint to each marker and back
3. Time yourself
4. Record your times



Head to head | Record your scores
Who wins?

Vs Challenge

Shuttle Speed	Time	Time	Winner
Player 1:			
Player 2:			

Skills Challenge #20

V Sit

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #20 Focus: **Strength**

Skills Challenge #20 –V Sit

The rules:

From V sit position | Hold the correct position as long as possible | Record your time each day | Do you improve?

Personal Best: Try to get your longest time over 5 days

Vs: Play against someone, longest time wins

For extra challenge, research and try other sitting postions.

Skills Challenge #20

Focus on: **Strength**



The skill: V sit

1. From V sit position
2. Hold the correct position for as long as possible
3. Record your time daily, Do you improve?



Daily Attempt | Record your times |
What is your best day?

Personal Best: Challenge

V Sit Daily (time in seconds)	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Vs Challenge

Head to head | Record your scores| Who wins?

	Player 1 Time	Player 2 Time	Winner
V Sit			

Skills Challenge #21

Climb the Gherkin

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #21 Focus: **Endurance**

Skills Challenge #21 – Climb the Gherkin

The rules:

Over 5 days climb the 1037 steps to the top of the Gherkin | Using the climber exercise | Climb 208 steps per day | Record your daily time and add for total time

Personal Best: Time your 208 steps each day, try to get quicker each day

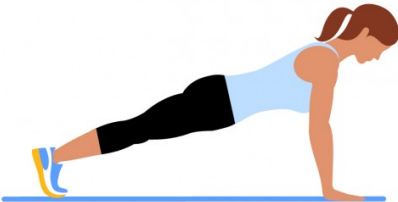
Vs : Play against someone, quickest time to the top wins

To increase the challenge complete the total steps in fewer days

Skills Challenge #21

Focus on:

Endurance



Vs Challenge

Head to head | Race to the top | Best time wins

	Player 1 Score:	Player 2 Score:	Winner
Total climb time			

The skill: Climb the Gherkin

1. Climb 1037 steps in 5 days
2. Using the mountain climber exercise
3. Complete 208 steps each day
4. Time each day and add together for total time



Personal Best: Challenge

5 Days | 208 Steps |
Record your times | Add your times |
What is your personal best day?

Climb time	
Day 1 (208 steps) time	
Day 2 (208 steps) time	
Day 3 (208 steps) time	
Day 4 (208 steps) time	
Day 5 (208 steps) time	
Total time	

Skills Challenge #22

In The Bucket

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #22 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #22 – In the bucket

The rules:

Choose a soft object (bean bag or soft toy) | Choose a target (bucket or hoop) | Start 1 step away from the target | Every time you successfully throw the object into the target take an extra step away | Keep going until you miss

Personal Best: In 3 attempts try to get as many steps away from the target

Vs: Play against someone, first person to miss loses

For extra challenge | Change the distance from target | Reduce target size |

Skills Challenge #22

Focus on:

**Hand Eye
Coordination – Accuracy**



Personal Best: Challenge

3 Attempts | Record your distance |
What is your personal best?

	Number of steps from target
1 st Attempt	
2 nd Attempt	
3 rd Attempt	

The skill: In The Bucket

1. Choose a soft object and target
2. From 1 step away throw object into bucket
3. If successful take a step further away and repeat
4. Keep going until you miss
5. Record your distance (steps)



Vs Challenge

Head to head | 3 attempts each |
Record your distance | Who wins?

Number of steps from target	Player 1	Player 2	Winner
1 st Attempt			
2 nd Attempt			
3 rd Attempt			

Skills Challenge #23

Fit in 5

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #23 Focus: **Cardiovascular endurance**

Skills Challenge #23 Fit in 5

The rules:

Complete the 5 activity work out | 60 seconds per activity | No breaks | Record your total score (reps) | Repeat each day | try to increase your total score

Personal Best: Try to score the more reps each day

Vs: Play against someone, highest score (number of reps) in 5 minutes wins

For extra challenge, increase the time for each activity or change the activities to suit you

Skills Challenge #23

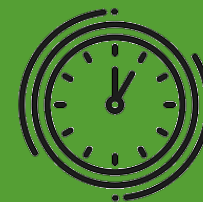
Focus on: **Cardiovascular
endurance**



The skill: Fit in 5

Set up two cones/objects

1. Complete 5 activities
2. 60 Seconds per activity, no breaks
3. Record your total score (Reps)
4. Repeat each day








5 min

Personal Best: Challenge

5 Days | Record your total score |
What is your best day?

Total Score (Reps)	
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Best day:	

Activity 1 (60 Seconds)	Activity 2 (60 Seconds)	Activity 3 (60 Seconds)	Activity 4 (60 Seconds)	Activity 5 (60 Seconds)
Sit ups 	Press ups 	Star Jumps 	High Knees 	Tri Dips 

Vs Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score	Player 2 Score	Winner
Total Score (REPS)			

Skills Challenge #24

Golf Roll

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus.
- Skills Challenge #24 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #24 – Golf Roll

The rules:

Set up a target (cone, stump etc) | Create a course using objects | Try to roll a ball to hit the target in as few a rolls as possible | Record the number of rolls you take

Personal Best: Try to hit the target in as few as rolls possible over 3 attempts

Vs: Play against someone, best of three wins

Use cones or household objects to make your course easier or harder
Create different courses (like crazy golf)

Skills Challenge #24

Focus on:

Hand Eye
Coordination – Accuracy



The skill: Golf Roll

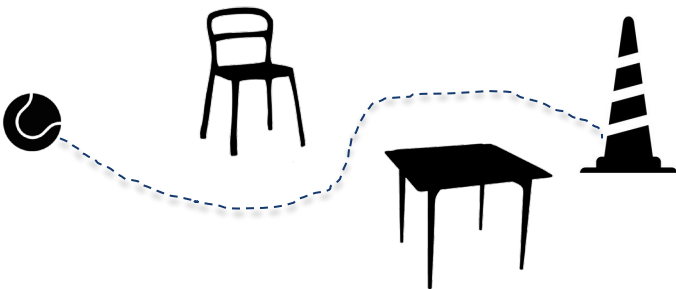
1. Set out a course with a target and obstacles
2. Try to hit the target in as fewest rolls
3. Record the number of rolls



Personal Best: Challenge

3 Attempts | Record your number of rolls
What is your personal best? | Change the course and repeat

Course 1	Number of rolls	Course 2	Number of rolls
Attempt 1:		Attempt 1:	
Attempt 2:		Attempt 2:	
Attempt 3:		Attempt 3:	



Head to head | Record your scores
Who wins?

Vs Challenge

	Number of rolls	Number of rolls	Winner
Player 1:			
Player 2:			

Skills Challenge #25

Press It Up

A set of challenges designed to improve a variety of fundamental sports skills. Created for individual use with a personal best challenge or with a friend or family member in a head to head. These skills challenges are aimed at 6-14 year olds but are fun for any age!

- The purpose of each challenge is to improve skills in a fun, enjoyable way.
- Each challenge has a skill component focus
- Skills Challenge #25 Focus: **Strength**

Skills Challenge #25 – Press it up

The rules:

From starting position | Complete as many correct press ups as you can in 90 seconds | Record your score

Personal Best: Try to get your best score over 5 days

Vs : Play against someone, best score wins, best of three

Jump clap press ups to increase challenge

Reduce the time to make the challenge easier

Skills Challenge #25

Focus on:

Strength



The skill: Press It Up

1. From sit up position
2. Complete as many press ups as you can
3. In 90 seconds
4. Record your score

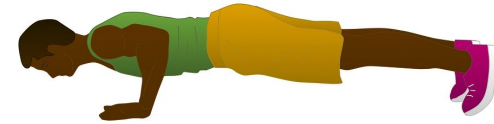


Personal Best: Challenge

5 Days | 90 Seconds |
Record your scores |
What is your personal best?

Number of Press ups

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	



Vs Challenge

Head to head | Best of three | Record your scores
Who wins?

	Player 1 Score:	Player 2 Score:	Winner
1 st 90 Seconds			
2 nd 90 Seconds			
3 rd 90 Seconds			