

CHALLENGE CARD

THE PE HUB

Session 5

AGILITY:

Ball Boy Challenge

Set up 8 staggered markers, on each of the left markers place an object (balls or rolled up socks). The child should start sat down in front of the markers, on 'Go' they should run out and move each object from the left marker to the right marker in as quick a time as possible. Timer stops when they get back and sit in their start position.

Extension: When you get to each ball or socks you can now move them with your feet.

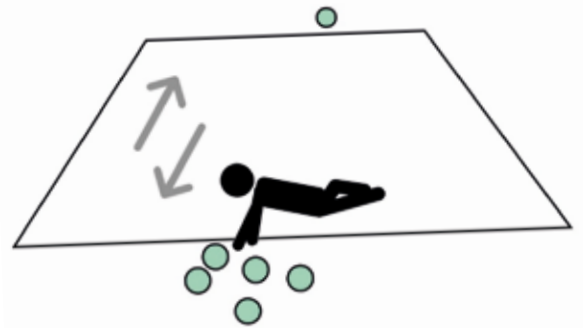


COORDINATION:

Rock and Roller

Each player needs 6 balled up socks (less for younger children). Place the socks behind a marker and place another marker approximately 1.5 metres away. Lie between the two markers and log roll over to the socks, collect the first socks and roll to the other marker and place them down. Repeat until all socks have been moved from one side to the other.

Extension: Time each attempt and try to beat it. Collect the socks with your feet!



BALANCE:

Shaky spoons

Each player needs a spoon and 2 bowls, one bowl is empty and one bowl is full of frozen peas or cereal may also work. Set the bowls apart on two separate surfaces. Take a spoonful of frozen peas and complete the

challenge, then transfer the spoonful (if you have any left on your spoon) to the empty bowl!

- 1 Stand on 1 leg for 10 seconds (adjust for children's age)
- 2 Walk on tiptoes to bowl
- 3 Sit down on the floor and stand up again
- 4 Do a little jump
- 5 Touch your spoon to the ground and back up again



- 6 Pass your peas to another player's empty spoon
NOW Redo the balance challenge from week 1 – can you beat your score?