

CHALLENGE CARD

Session 1

AGILITY:

Illinois

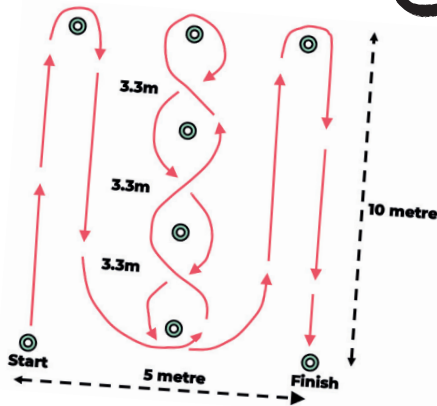
● Set up the Illinois agility test. If you have cones great, if not you could

use socks or another type of marker. Use a stopwatch to time your run.

● Use the diagram to check the route, walk it through a few times before you do your timed runs.

● Complete the test 3 – 4 times and make sure you record your scores.

Easier: Adapt the course slightly to make it easier for younger children.

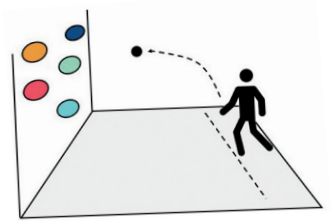


COORDINATION:

Wall Target

Cut out 5 pieces of paper and colour them in different colours.

Stick the circles to the wall and get a small soft ball, or balled up socks, to complete the following challenges.



1 As quickly as possible hit each target throwing with your right hand / then left hand (if using a balled sock, you will need to run and collect and get back behind your line).

2 Throw to each colour e.g. blue with the right hand and then the left hand

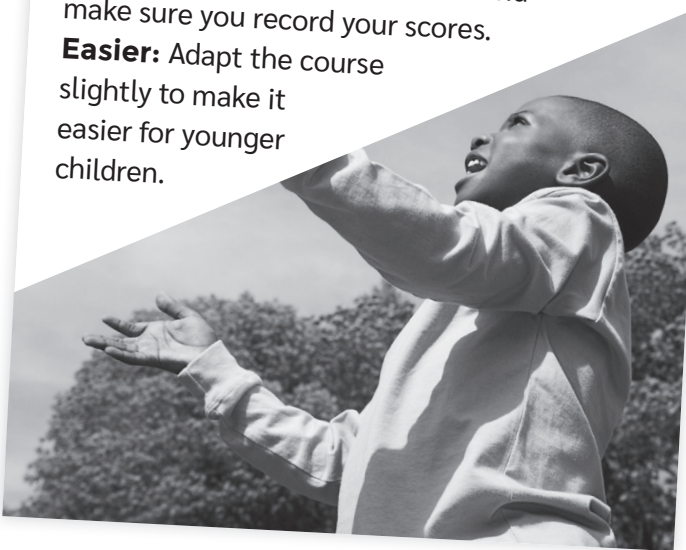
Easier: Stand closer to the wall.

Harder: Stand further away from the wall.

Now without the ball..

1 Standing arm's length from the wall ask someone to call colours that you must then touch with your hands as quickly as possible.

2 The caller calls a string of colours for player to hand tap e.g. "red, blue, blue, yellow, green, red" and so on.



BALANCE: Balance Challenge

Stand next to a wall or chair to steady yourself if needed, standing on your right leg, lift your left foot off the floor about 10 cm or so and close your eyes. As soon as your eyes close start the timer, you may ask a parent or sibling to time you. As soon as you lose balance and put your foot down stop the timer.

● **30+ seconds = Excellent super balance skills!**

● **20-30 seconds = Great work, you're on the right track**

● **10-20 seconds = You need some practice!**

● **0-10 seconds = Some improvement needed, don't worry try every morning to get a little better**

Undertake the balance challenge on both feet, record your score ready to repeat in a few weeks' time!



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Session 2

AGILITY:

Speed Bounce

Set up a rolled-up towel with space to jump each side. Start with two feet together, the aim is to bounce over your towel and land on two feet and repeat this back and forth in a given time. How many speed bounces can you do in....?

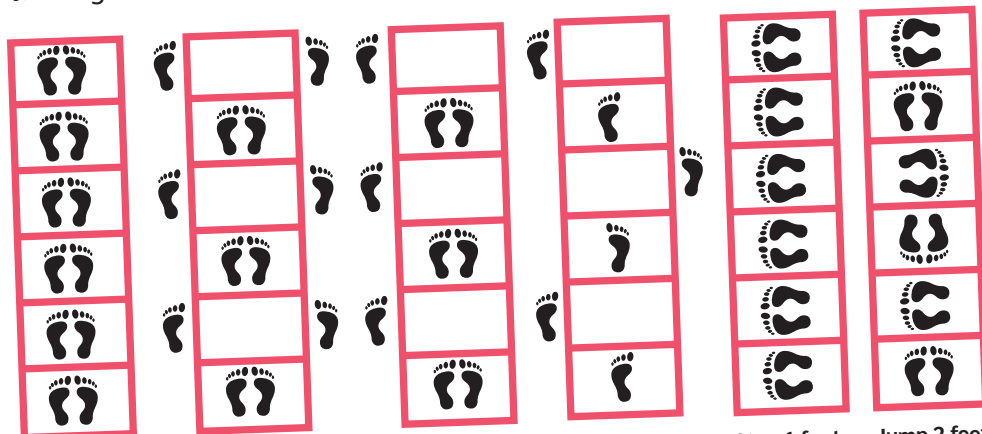
- Reception - 15 seconds
- KS1 - 20 seconds
- KS2 - 30 seconds



COORDINATION:

Ladder Challenge

Draw two ladders on the pavement/patio with chalk. If you must complete inside, layout socks as the rungs of the ladder with feet landing between the rungs (socks). **Extension:** Beat your time!



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet.

Jump 2 feet in then 2 feet out up the ladder.

Jump 2 feet in then hop left foot out. Go back to the start and repeat with the right foot.

Hop the following pattern. Go back to the start and repeat leading with right foot.

Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet. Go back and repeat with left foot.

Jump 2 feet to 2 feet following the pattern.

BALANCE: Hop Scotch Challenge

There are several steps to build your balance ready for a game of hopscotch!

- 1 Eyes open, balance on your right leg for 1 minute, then swap to left leg for 1 minute.
- 2 Hop on the spot for 1 minute on the right leg, then swap to the left leg for 1 minute.
- 3 Hop forward on one leg 3

times, bend forward and touch the floor (remaining on one leg) - repeat 5 times and then swap legs.

- 4 Hop forward three times on your right foot and land on two feet, then hop forward 3 times on your left foot and land on two feet - repeat 10 times 5 each foot).



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Session 3

AGILITY:

Zig Zag

Create a zig zag course in your house or outside using rolled up socks as markers.

- How fast can you complete your zig zag course?
- How fast can you hop through your zig zag course?
- How fast can you complete your course touching each cone with your hand?
- How fast can you complete the course with something balanced on your head?

Extension: Can you think of any other ways you can zig zag through the course? Could you set up a longer zig zag course?



BALANCE: Play Hopscotch

Step 1 Draw a hopscotch grid on the ground (chalk is the best). Make sure the squares are big enough to fit your feet and the sock/beanbag/ or stone (something that won't bounce out easily).

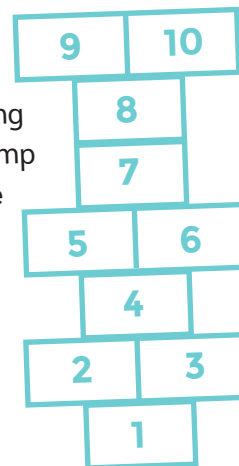
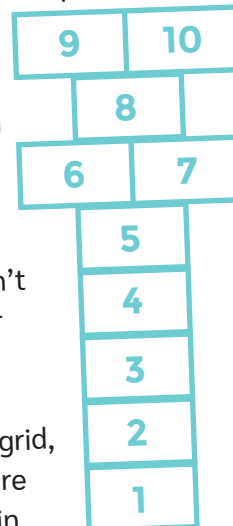
Step 2 Throw your sock into square one. The socks must land in the square without touching the edge or bouncing out. If you don't throw the socks in the target your turn is over and goes to the next person. If you do hit the target you go to the next step!

Step 3 Hopping and jumping through the grid, hop through the squares avoiding the square with your socks in. Only one foot at a time in each square.

Step 4 Pick up the sock on your way back. When you get to the last number turn around (either hopping or jumping depending on how your grid is laid out) and hop and jump your way back in reverse order. While you're on the square before the one with your socks in, lean over and pick it up, do not then hop in that square!

Step 5 Repeat if you completed your turn with the stone on square one, you then continue by throwing your stone onto square two on your next turn and so on, until you have completed all the numbers.

Examples of hopscotch layouts



COORDINATION: Toilet Roll Boules

You will need each player to have 3 balled up socks of the same colour and one toilet roll. Begin the game by throwing the toilet roll into any space, this could be the living room or garden. The objective of the game is to win by getting your

socks closest to the toilet roll. Each player takes it in turns to throw to the toilet roll. To make it easier have the toilet roll closer, harder further away. This game is played best with 2 - 4 players.

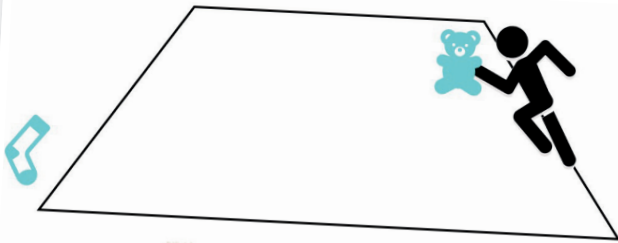
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THE PE HUB

Session 4

AGILITY: Shuttle Run

Mark out a shuttle run approximately 10metres. Place two objects (teddy bear, socks etc) at the start line. On 'go' the child needs to move one object to the opposite line, run back and move the second object. The object must be placed beyond the line and not thrown. Time how quickly you can complete it and repeat.



COORDINATION: Tippy Toes

For this activity you will need a box that can be pushed along the carpet, a closed box of rice or even a cereal box would work. You will also need a small ball or balled up socks. Set up a start and finish line.

Easier:

- 1 Using the right hand dribble the ball along the floor with your fingertips/swap to left hand.
- 2 Alternate hands from one side to the other.
- 3 Using the right foot dribble the ball along the floor with your toes/swap to left foot.
- 4 Follow the pattern right hand tap, left hand tap, right foot tap, left foot tap to move the ball across the line.

Harder:

- 1 While pushing the box in your left hand dribble the ball with your right hand with your fingertips/swap sides.
- 2 In a crab position (all fours, bottom facing the floor) slide the box with your right foot over the line/swap feet.
- 3 In a crab position slide the box with your bottom over the line.

BALANCE:

Tissue Dance

- 1 Place a tissue on your head, play some fun, energetic music!
- 2 Start dancing and moving around the room the aim is to not let your tissue hit the floor!
- 3 If the tissue falls off your head, you can catch it as it

drops, put it back on your head, and keep playing. If the tissue falls to the floor you're out!

Extension: Players must include certain moves such as jumps, turns and different levels (e.g. going to the floor and up again). What other things can you balance on your head while dancing, such as pillows, balled socks etc?



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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.

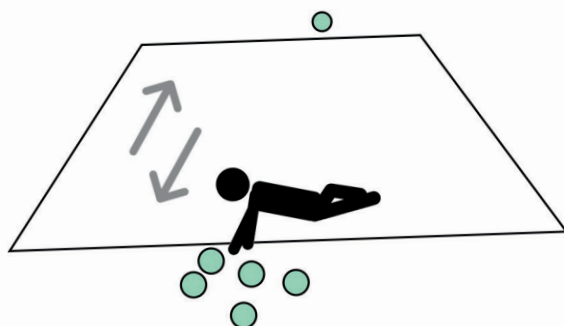


COORDINATION:

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?

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Session 6

AGILITY:

At sixes and sevens

- Place seven t-shirts around your playing space, spread them apart as much as possible. Place six markers e.g. some socks, teddys or other objects you can place easily on top of the t-shirts, leaving one t-shirt free.
- Set a timer for 30 seconds and begin by moving one object onto the empty t-shirt, leave it and retrieve a different item and move to the new empty space and so on.
- How many times can you move your marker onto the empty t-shirt?
- You can try counting yourself or ask someone to help you keep track of each time you move the marker. Can you beat your score if you repeat?

Extension:

How many can you do in 45 seconds? 1 minute?

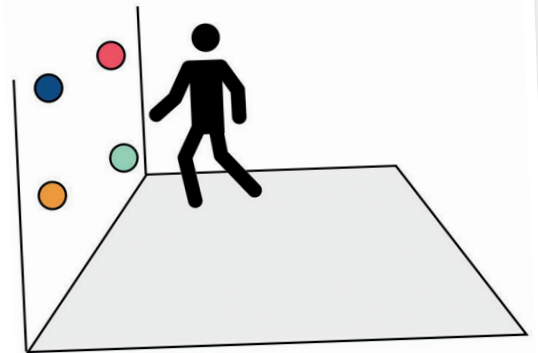


COORDINATION: *Colour Spots*

- 1 Make 4 colour spots by drawing around something circular e.g. a bowl and colour them in four different colours. (alternatively you could make these on a computer and print). Stick the colour spots onto a wall making a square with a spot at each corner.
- 2 Have a quick practice by touching with your hand. Stand in front of the square and somebody else should call a colour for you to tap with your hand. Start slow and build up speed.
- 3 Can you keep going without any mistakes for 20 seconds? 30 seconds?

Now can you try these variations

- Spots still in a square but player on all fours
- Try tapping with your left hand and your right hand
- Can you stand straight and do toe taps instead of using your hand?
- Change the shape of the spots e.g. put them in a horizontal or vertical line or place them further apart.



BALANCE: *Balance Beam*

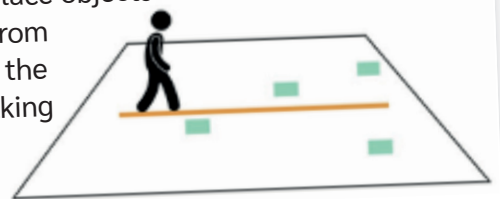
Use a line on the floor or you could use some rope/ dressing gown cord to make a makeshift beam. Practice walking along your beam whilst keeping a steady balance. Once you have had a few run throughs can you try the following:

- Place some boxes next to your beam. You could use empty cereal boxes, try and use boxes of differing heights. As you walk along the beam can you kick the box over without losing your balance on the beam?

- Place some objects along both sides of the beam. When walking along can you bend down and pick up the objects and place them in a bag or bucket you are carrying.

Extension:

Place objects further away from the beam. Try the above but walking backwards on your 'beam'.



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Session 7

AGILITY:

Clock Circle

Using 13 markers (socks etc). Set up a clock face with one marker in the centre of the circle. Start by standing in the middle of the circle. On 'go' run to 1 o'clock and back to the centre, then 2 o'clock and back to the centre and so on. Time how long it takes you to make it all the way around the clock.

Extension:

Get someone to call times out which you run to. Make your clock circle bigger.

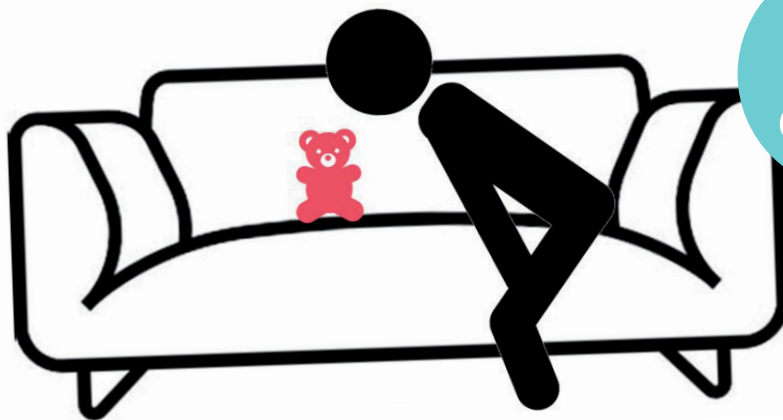


BALANCE: Nosey

Place a ball, cuddly toy, or rolled up blanket on your sofa. Standing in front of your toy, balancing on one leg bend down and touch your nose to your toy, then come back up to a straight position remaining balanced on one leg. Do this 5 times on each leg.

You can make this harder or easier by changing the height of your toy and it's position e.g. slightly to the right or left or further back – perhaps use something to boost the level of the toy so it is higher or use a small toy/blanket for it to be lower.

Extension: Swap legs. Change the target height and try balancing on one knee then the other.

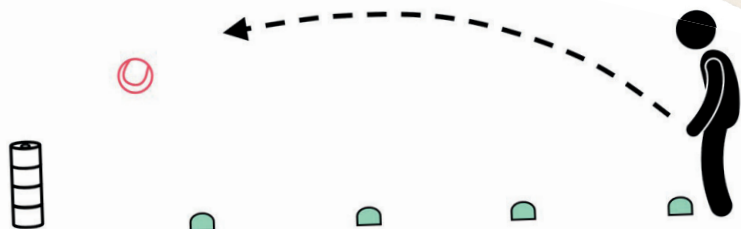


COORDINATION:

Target Throw

Use a target to throw at – this could be a target on the wall or some makeshift wickets, e.g. stacks of toilet rolls. Set up four markers at increasing distances from the target. You'll need a ball or some balled up socks. Start at the first marker and using an underarm throw can you hit the target, if you hit the target move to the next marker.

Extension: Can you add more markers and throw from further away? Can you knock down the stack of toilet rolls?



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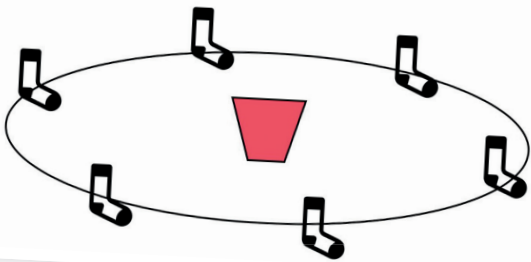
Session 8

AGILITY: *Clean Up*

Place a basket or box in the middle of your playing area and create a circle around it with 6 different items laid around the edge, this could be teddy bears, toilet roll, toys etc.

- 1 On 'Go' move around the circle moving one object at a time into the box.
- 2 Time how quickly you can do this – can you beat your time if you repeat?
- 3 Next get someone to call out the objects for you to collect and put back into the box.
- 4 Add more objects and repeat the above steps.

Extension: Play with another person one person trying to place the items out and the other trying to place the items in the box. Play for a set time and see who has won, start with 3 items outside on the circle and 3 items in the box.

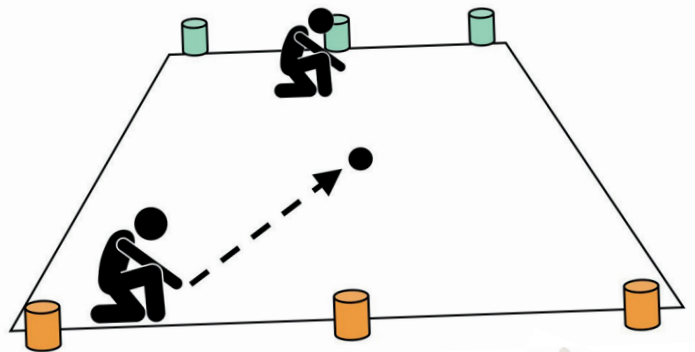


COORDINATION: *Can can*

You will require 2 players for this game and 3 food cans (or similar) each as well as a small ball, if no ball balled up socks will work.

- Each player starts with 3 cans on their goal line as per the diagram, the objective is to win your players can by rolling the ball to touch it.
- When your ball touches your opponents can, you take it over to your side and place it on your goal line.
- The winner is the player that has all the cans on their line.
- Take it in turns to roll.

Extension: Increase the distance between goal lines. Allow players to defend their cans with hand or soft item acting as a bat.

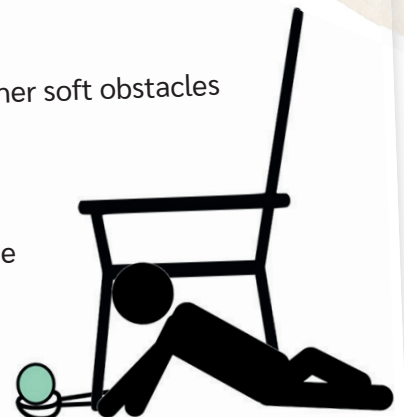
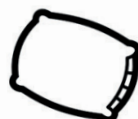


BALANCE: *Over under obstacle*

Set up an obstacle course consisting of 3 dining room chairs and 3 pillows/other soft obstacles players must jump/step over.

Players will need a wooden or plastic spoon and a pair of balled up socks. While keeping the socks balanced on the spoon, players must travel under the chairs and navigate over the obstacles.

Extension: Play using non dominant hand. Replace socks with a small ball. Increase the number of obstacles.



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Session 9

AGILITY:

Two feet tactic

Set up 6 – 7 balls if you have available or balled up socks will work perfectly well. Place them out in a line as per the diagram. The idea is to grip the ball or socks between your feet and jump sideways to the other side of the line without dropping it.

Extension: Vary the objects, try small pillows, different sized balls. Try and jump further, attempt jumping in different directions.



COORDINATION: *Hot Paper*

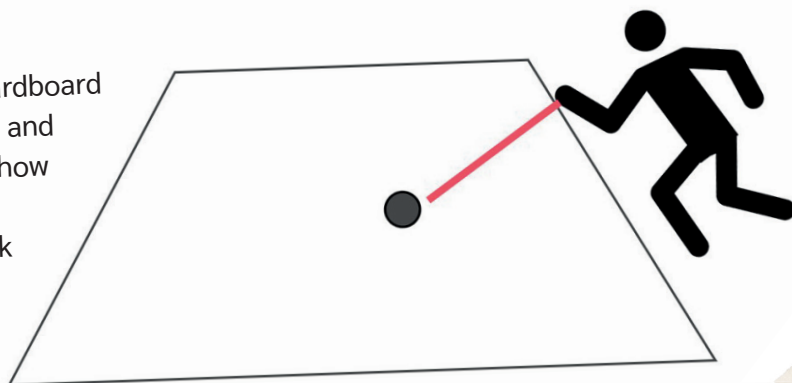
Scrunch up a piece of A4 paper to make it into a ball. Have a little practice hitting it up with your hands. Now take 3 turns to get your personal best score. After you have achieved your personal best, you now have 3 turns to try and beat your score. If you drop it or catch it that turn is over.

Extension: To make it more challenging, create yourself a little circle. You now must try again but you cannot leave your circle.



BALANCE: *Push away*

You will need a long tube, for example; cardboard from wrapping paper or a sweeping brush and some balled socks. Standing on one foot how far away from you can you push the ball without falling over. Use a marker to mark how far you get your socks. Now can you try balancing on your other foot. On which foot are you able to push the sock the furthest away?



CHALLENGE CARD

THE PE HUB

Session 10

AGILITY:

Freeze or fine

- Moving around the room have someone call '1,2,3, Freeze!' on the command, the children should freeze.
- They may not lie down, close or cover their eyes.
- Identify any players moving and issue a fine (star jumps etc) or a 30 second time out.
- Make it interesting by challenging the players to freeze in a scary or happy way, or with a theme such as surfing, gardening etc.
- Mix up the mode of travel to bring in elements of agility such as skipping, touching alternate hands to the ground, bunny hops etc.



COORDINATION:

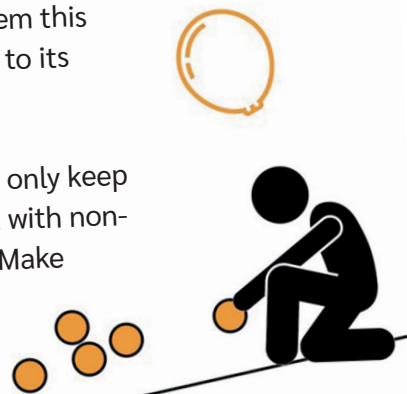
Balloon Bandit

The objective is to keep your balloon in the air while transferring one pile of socks from one side to the other.

Rules

- 1 You can use any part of your body to keep the balloon off the floor.
- 2 You may not hold/balance the balloon on your hand it must be in the air.
- 3 You can only transfer one item at a time.
- 4 If the balloon drops while transferring an item this item must return to its start position.

Extension: Can only keep the balloon aloft with non-dominant hand. Make competitive with a house member.



BALANCE: Hot balloon

Each child requires their own blown-up balloon. Work through the challenges below, allow pupils to progress to the next challenge at their own pace:

Avoiding others and furniture, move around the playing area;

- 1 Tapping the balloon from one hand to the other, the wider the hands the greater the challenge to control.

- 2 Tapping the balloon with the left hand / right hand only.
- 3 Keeping the balloon off the floor stand on one leg for 5 / 10 / 15 seconds.
- 4 Keeping the balloon off the floor sit down on your bottom and stand again (easier go to knees).

Extension: What other challenges can you perform with your balloon?



CHALLENGE CARD

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Session 11

AGILITY: *Circle switches*

Fashion a circle roughly the size of a playing hoop, you could use a thin rope, string or dressing gown cord. If you have a playing hoop even better!

- Start with one foot in the circle and one foot outside.
- Jump slightly in the air to switch feet.
- Keep this movement, alternating feet each time.
- Jump high enough so your feet do not kick the edge of the circle.
- Stay on your toes for maximum agility in this task.

Extension: Move around the outside of the hoop switching feet and then back the other way.

COORDINATION: *Throwing pyramid*

Each player will require their own ball, a tennis ball is ideal. The idea is to work their way up the pyramid and back down again. They cannot move to the next level of the pyramid until they have successfully completed each stage.

- 5 x Throw the ball in the air and clap once and catch again.
- 4 x Throw the ball up in the air, allow it to bounce and then catch it.
- 3 x Bounce the ball on the floor 3 times then catch it.
- 2 x Find a partner, swap balls twice.
- 1 x Throw the ball in the air, turn 360 degrees, let it bounce and then catch it!

Extension: Can the players create any other individual catching skills to add to the pyramid?



BALANCE: *I am strong*

- 1 Allow players to try the poses. Spend some time helping the children to improve their positions.
- 2 Try and hold each pose for at least 5 breaths in and out of the nose.
- 3 Can they transition from one position to the next?

Extension: Try a flow of each shape from one into the other 2 or 3 times finishing in relaxed pose.

