

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?

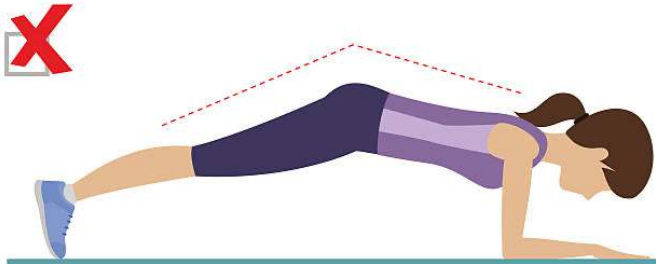
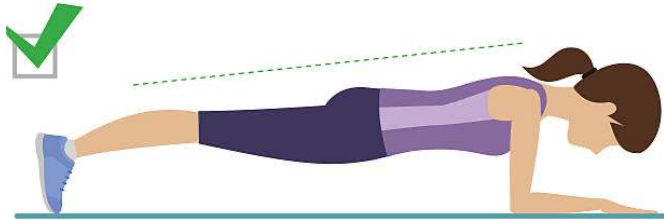
Personal Best: Try to get your longest time over 5 days

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?



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

Personal Best: Challenge

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

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- 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



The skill: Speed Step Ups

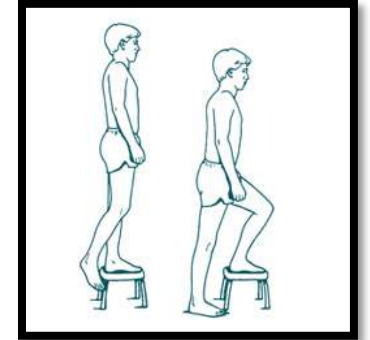
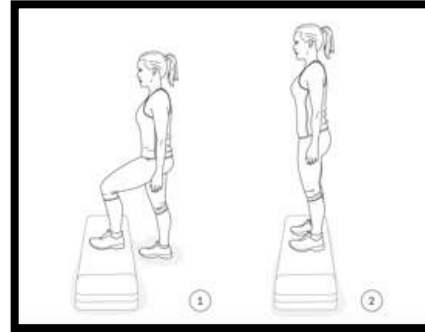
1. Choose a step
2. Step up and down
3. As many times as you can in 60 seconds
4. Record your score



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	



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!

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- 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

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- 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			