

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 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 #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

Vs Challenge Personal Best: Challenge

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			

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

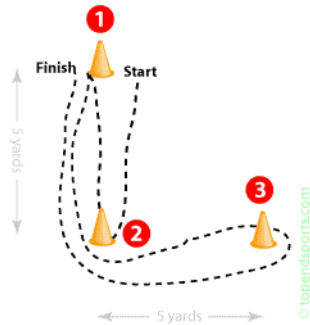
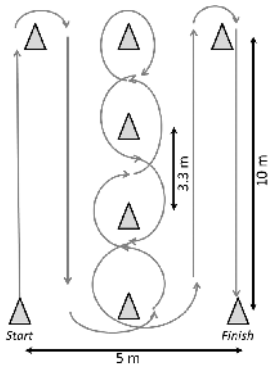


Personal Best: Challenge

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



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

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		

Vs Challenge

Head to head | Record your scores
Who wins?

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