

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

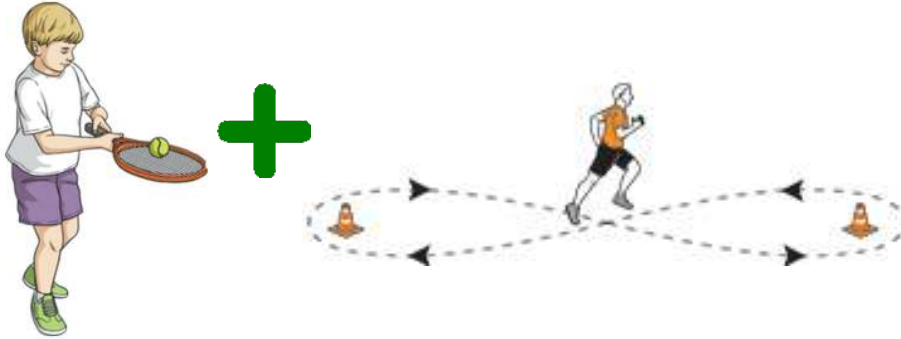
Personal Best: Try to get your best score time over 5 attempts

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

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- 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

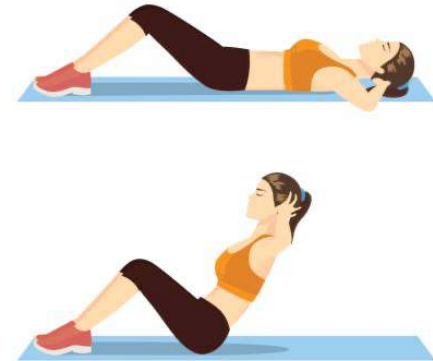


Personal Best: Challenge

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

Number of Sit Ups

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			

Skills Challenge #18

Target Strike

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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 #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

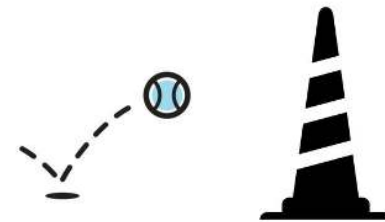
5 Attempts | Record your scores
What is your personal best?

	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



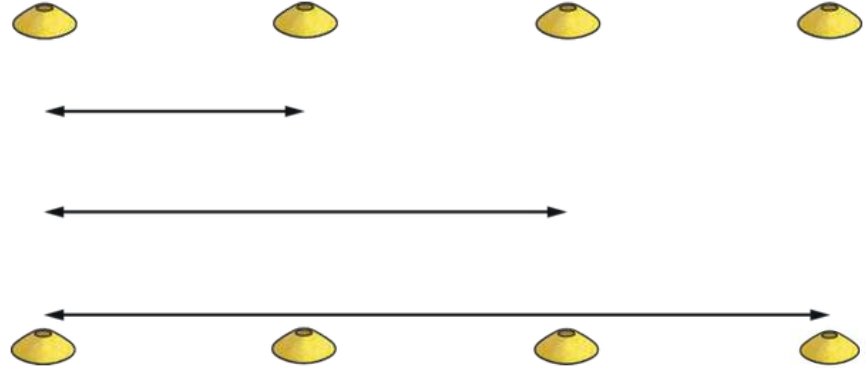
Personal Best: Challenge

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			