

Skills Challenge #21

Climb the Gherkin

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 #21 Focus: **Endurance**

Skills Challenge #21 – Climb the Gherkin

The rules:

Over 5 days climb the 1037 steps to the top of the Gherkin | Using the climber exercise | Climb 208 steps per day | Record your daily time and add for total time

Personal Best: Time your 208 steps each day, try to get quicker each day

Vs : Play against someone, quickest time to the top wins

To increase the challenge complete the total steps in fewer days

Skills Challenge #21

Focus on:

Endurance



Vs Challenge

Head to head | Race to the top | Best time wins

| | Player 1 Score: | Player 2 Score: | Winner |
|---------------------|--------------------|--------------------|--------|
| Total climb time | | | |

The skill: Climb the Gherkin

1. Climb 1037 steps in 5 days
2. Using the mountain climber exercise
3. Complete 208 steps each day
4. Time each day and add together for total time



Personal Best: Challenge

5 Days | 208 Steps |
Record your times | Add your times |
What is your personal best day?

| Climb time | |
|------------------------|--|
| Day 1 (208 steps) time | |
| Day 2 (208 steps) time | |
| Day 3 (208 steps) time | |
| Day 4 (208 steps) time | |
| Day 5 (208 steps) time | |
| Total time | |

Skills Challenge #22

In The Bucket

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 #22 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #22 – In the bucket

The rules:

Choose a soft object (bean bag or soft toy) | Choose a target (bucket or hoop) | Start 1 step away from the target | Every time you successfully throw the object into the target take an extra step away | Keep going until you miss

Personal Best: In 3 attempts try to get as many steps away from the target

Vs: Play against someone, first person to miss loses

For extra challenge | Change the distance from target | Reduce target size |

Skills Challenge #22

Focus on:

**Hand Eye
Coordination – Accuracy**



Personal Best: Challenge

3 Attempts | Record your distance |
What is your personal best?

| | Number of steps from target |
|-------------------------|-----------------------------|
| 1 st Attempt | |
| 2 nd Attempt | |
| 3 rd Attempt | |

The skill: In The Bucket

1. Choose a soft object and target
2. From 1 step away throw object into bucket
3. If successful take a step further away and repeat
4. Keep going until you miss
5. Record your distance (steps)



Vs Challenge

Head to head | 3 attempts each |
Record your distance | Who wins?

| Number of steps from target | Player 1 | Player 2 | Winner |
|-----------------------------|----------|----------|--------|
| 1 st Attempt | | | |
| 2 nd Attempt | | | |
| 3 rd Attempt | | | |

Skills Challenge #23

Fit in 5

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 #23 Focus: **Cardiovascular endurance**

Skills Challenge #23 Fit in 5

The rules:

Complete the 5 activity work out | 60 seconds per activity | No breaks | Record your total score (reps) | Repeat each day | try to increase your total score

Personal Best: Try to score the more reps each day

Vs: Play against someone, highest score (number of reps) in 5 minutes wins

For extra challenge, increase the time for each activity or change the activities to suit you

Skills Challenge #23

Focus on: **Cardiovascular endurance**



The skill: Fit in 5

Set up two cones/objects

1. Complete 5 activities
2. 60 Seconds per activity, no breaks
3. Record your total score (Reps)
4. Repeat each day






5 min

Personal Best: Challenge

5 Days | Record your total score |
What is your best day?

| Total Score (Reps) | |
|--------------------|--|
| Day 1 | |
| Day 2 | |
| Day 3 | |
| Day 4 | |
| Day 5 | |
| Best day: | |

| Activity 1 (60 Seconds) | Activity 2 (60 Seconds) | Activity 3 (60 Seconds) | Activity 4 (60 Seconds) | Activity 5 (60 Seconds) |
|---|--|---|---|---|
| Sit ups  | Press ups  | Star Jumps  | High Knees  | Tri Dips  |

Vs Challenge

Head to head | Record your scores | Who wins?

| | Player 1 Score | Player 2 Score | Winner |
|-----------------------|-------------------|-------------------|--------|
| Total Score (REPS) | | | |

Skills Challenge #24

Golf Roll

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 #24 Focus: **Hand eye coordination – Accuracy**

Skills Challenge #24 – Golf Roll

The rules:

Set up a target (cone, stump etc) | Create a course using objects | Try to roll a ball to hit the target in as few a rolls as possible | Record the number of rolls you take

Personal Best: Try to hit the target in as few as rolls possible over 3 attempts

Vs: Play against someone, best of three wins

Use cones or household objects to make your course easier or harder

Create different courses (like crazy golf)

Skills Challenge #24

Focus on:

**Hand Eye
Coordination – Accuracy**



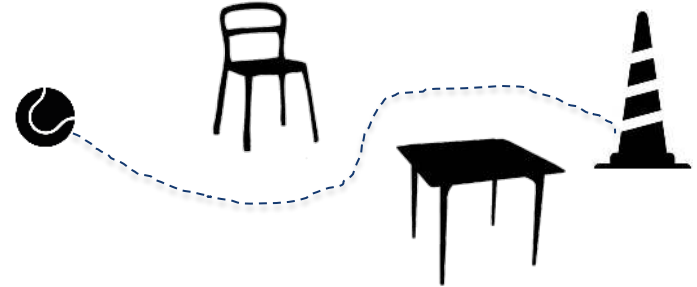
Personal Best: Challenge

3 Attempts | Record your number of rolls
What is your personal best? | Change the course and repeat

| Course 1 | Number of rolls | Course 2 | Number of rolls |
|------------|-----------------|------------|-----------------|
| Attempt 1: | | Attempt 1: | |
| Attempt 2: | | Attempt 2: | |
| Attempt 3: | | Attempt 3: | |

The skill: Golf Roll

1. Set out a course with a target and obstacles
2. Try to hit the target in as fewest rolls
3. Record the number of rolls



Head to head | Record your scores
Who wins?

Vs Challenge

| | Number of rolls | Number of rolls | Winner |
|-----------|-----------------|-----------------|--------|
| Player 1: | | | |
| Player 2: | | | |

Skills Challenge #25

Press It Up

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 #25 Focus: **Strength**

Skills Challenge #25 – Press it up

The rules:

From starting position | Complete as many correct press ups 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

Jump clap press ups to increase challenge

Reduce the time to make the challenge easier

Skills Challenge #25

Focus on:

Strength



The skill: Press It Up

1. From sit up position
2. Complete as many press ups as you can
3. In 90 seconds
4. Record your score

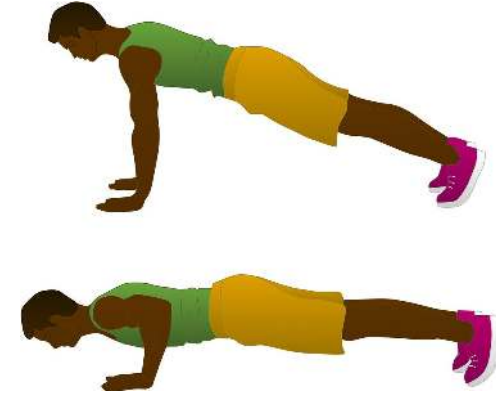


Personal Best: Challenge

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

Number of Press 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 | | | |