

Challenge 1 – Catching

You will need: 2 hoops (or use a scarf, string or draw chalk lines), 2 balls and a timer.

Aim of the Event:

- Place your hoops (create your circles) approx. 3m apart (3 large adult strides)
- Place a ball in each hoop
- At the start of the timer, bounce the ball in one hoop and successfully catch it to score a point
- Place the ball down and then run to the other hoop. Pick up the ball, bounce it in the hoop and catch it for a point.
- Keep repeating until your 60 seconds is up!

How many points can you score in 60 seconds?

Easier way: Reduce distance between hoops, balls or increase or remove the time limit!

Harder way: Increase distance between hoops, try smaller balls or try bouncing/catching with one hand!



Challenge 2 – Jumping

You will need: 5 markers (cones/pegs/socks) & a timer

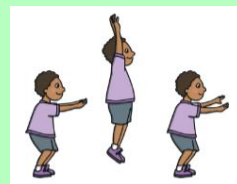
Aim of the Event:

- Place your 5 markers in a straight line approx. 0.5m apart from each other (an adult's small stride)
- Starting at one end, jump from the first marker to the 2nd to the 3rd, 4th and then 5th. Then run back to the start and repeat the activity
- Keep going until the time is up
- When jumping, always take off and land on 2 feet
- Score 1 point for each time you complete the course

How many points can you score in 60 seconds?

Easier way: Reduce the distance between markers. Step instead of jump.

Harder way: Increase the distance between markers. Instead of running back to the start, jump!



Challenge 3 – Throwing

You will need: A bean bag (or rolled up socks), a hoop (or use a scarf, string or draw chalk lines), marker (cone/peg/socks) and a timer.

Aim of the Event:

- Place your hoop (create your circle) on the floor
- Measure approx. 3m away and place your marker (throw line)
- At the start of the timer, throw your bean bag/socks from the 3m line into the hoop
- After each attempt, retrieve your object, return to the 3m marker and throw again.
- Score 1 point for each time the object lands in the hoop

How many points can you score in 60 seconds?

Easier way: Reduce the throwing distance, increase or remove the time limit

Harder way: Increase throw distance, reduce time or use non-dominant hand.



Challenge 4 – Striking

You will need: A balloon, beach ball or similar & a timer

Aim of the Event:

- Juggle a ball (or similar) using your hands
- Each time the ball/balloon hits your hand you score a point.
- If the ball hits the ground, do not worry – pick it up and continue until your time is up!

How many points can you score in 60 seconds?

Easier way: Use any body part to strike the ball

Harder way: use your non-dominant hand or try controlling 2 balloons/objects at one time.



Challenge 5 – Running

You will need: 2 markers (cones/pegs/socks) and a timer

Aim of the Event:

- Place your markers 5 metres apart – this is your track
- At the start of the timer, you should run the 5m distance a total of 10 times to complete 50 metres.

What is the quickest time that you can record?

Easier way: Jog or walk instead of run or reduce the distance.

Harder way: Increase the total distance covered or add in a set of star jumps at the end of each straight.



Challenge 6 – Dribbling

You will need: A ball, 3 markers (cones or rolled up socks) & a timer.

Aim of the Event:

- Use your 3 markers to create a 7m by 7m triangle
- At the start of the timer, dribble the ball with your feet around the outside of triangle as quickly and accurately as possible
- How quickly can you complete one circuit (triangle)?

What is the quickest time that you can record?

Easier way: Use 2 cones and dribble in a straight line, go slowly and keep touches light!

Harder way: Make the triangle bigger, extend your touches or run with the ball faster.





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