



# Personal Challenges

Term 6

Send your scores / photos to  
[collettepriestman@hotmail.com](mailto:collettepriestman@hotmail.com)

By 9th July

These can be done at home or at school

There will be prizes available

## Challenge 1:

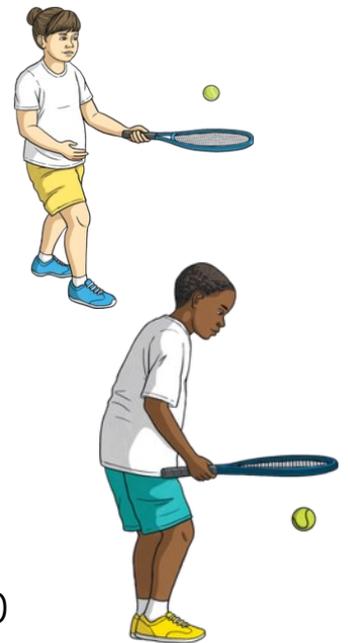
### Tennis

How many sets can you complete before you make a mistake?

(a mistake the ball bounces twice on the floor, perform more than the number stated, fails to bounce on the racket)

**Easy** 1 set = 5 bounces on your racket and then 5 bounces on the floor

**Hard** 1 set = 10 bounces on your racket and then 10 bounces on the floor



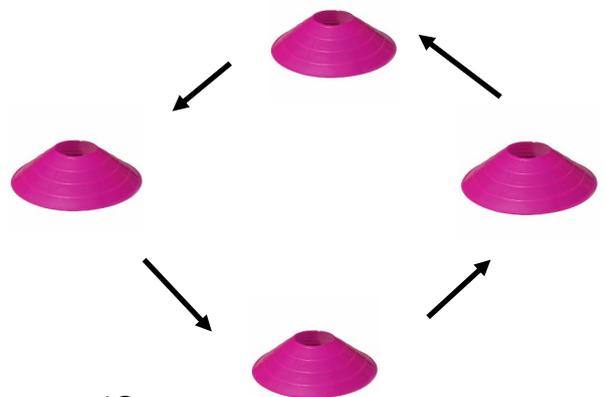
## Challenge 2:

### Rounders

Set up 4 cones 10 stride lengths between in a diamond shape.

**Easy** how long does it take to run 5 times round?

**Hard** how long does it take to run 10 times round?

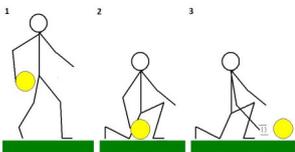




## Challenge 3:

### Cricket

Mark out 3 cones 3m apart. Roll a ball (underarm) towards the first cone as soon as the ball passes this cone you can chase it and pick the ball up, you must go around the next cone and repeat. How many times can you get to the middle cone in 60's?



Roll the ball underarm to the middle cone



Chase the ball once it passes the middle cone and pick up in one hand



Run on and around the cone and repeat the other way



3m



3m





# Personal Challenges

Term 6

Entry Form

Name:.....

Year group:.....

School:.....



Which challenge or challenges did you participate in? (please give scores or tick)

## 1. Tennis

Easy how many sets completed? \_\_\_\_\_

Hard how many sets completed? \_\_\_\_\_

## 2. Rounders

Easy Time? \_\_\_\_\_

Hard Time? \_\_\_\_\_

## 3. Cricket

Number of times the middle cone is reached \_\_\_\_\_

Do you give permission for the photos to be used on social media—AVSSP FaceBook page? (only first names will be used)

Yes / No

Signed parent / guardian .....

*Send to collettepriestman@hotmail.com by 9th July*