

<b><i>Key Stage 1</i></b>	<b><i>Key Stage 2</i></b>
<p><i>Co-ordination:</i> Bounce and catch a tennis ball 3 times in a row without losing control.</p>	<p><i>Coordination/dynamic balance:</i> Complete 20 skips with no error over a long skipping rope. 3 people needed.</p>
<p><i>Co-ordination and dynamic balance.</i> Throw and catch any ball above your head and catch it twice in a row.</p>	<p><i>Agility/dynamic balance:</i> Complete at least 16 skips over a long double rope changing your direction to face the other rope swinger every 4th skip. Complete all skipping without stopping.</p>
<p><i>Co-ordination and organisation:</i> Throw and catch any size ball with someone else completing 5 catches without a drop.</p>	<p><i>Coordination:</i> Pass a rugby ball around your waist 9 times in 15 seconds. Watch needed.</p>
<p><i>Balance:</i> Stay on one leg for 6 seconds without putting your foot down or hopping. Stop watch needed.</p>	<p><i>Coordination:</i> Pass a ball ( rugby, netball or basketball ) around your legs in a figure of 8. Each leg scores 1. Complete 12 in a row with no errors.</p>
<p><i>Dynamic balance and coordination:</i>  Skip with a skipping rope complete 6 skips in a row.</p>	<p><i>Power / Coordination:</i> Pass a ball through a 1 meter wide gap at 3 distances 3m , 6m , and 9m. (into the hands of a person, they do not have to catch it). Set 6 cones at 3m gaps from a start line. e.g.   , , : , , : , , :</p>

# Skills Challenges

## December

# Skills Challenge

<i>Key Stage 1</i>	<i>Key Stage 2</i>
<p><i>Foot Coordination and Balance.</i> Score at least 2 goals out of 3. Start with 3 footballs and kick into a 3 meter wide goal from 8 meters back.</p>	<p><i>Balance and Power and coordination:</i> Shoot 3 hoops in a row with either a netball or basketball from 3m back. If you complete this also try scoring 3 in a row from different starting places of your choice.</p>
<p><i>Coordination and Balance</i> Carry a tennis ball on your tennis racket string all the way around the playground without it falling off.</p>	<p><i>Speed and coordination:</i> Win a race dribbling a basketball the <u>length</u> of the court keeping the ball on the side nearest the wall. e.g. right hand on the way up left hand on the way back. Your hands must change on the way back. Keep control there and back. Practice control before your competition.</p>
<p><i>Dynamic balance:</i> Jump in the air and turn to land facing the other way 180 degrees.</p>	<p><i>Dynamic balance:</i> Jump in the air and complete a 360 spin around NOT a summersault or back flip! land in control on 2 feet without hopping or falling over.</p>
<p><i>Co-ordination, reaction time:</i> Hula-hoop 2 hula hoops at the same time one on each arm in any direction. Keep them going for the count of 10.</p>	<p><i>Static balance:</i> On one leg without hopping for 30 seconds.</p>
<p><i>Coordination</i> Pass a netball around your middle 3 times in 15 seconds. Watch needed.</p>	<p><i>Coordination:</i> Using a tennis racket and tennis ball complete in one go without stopping: 10 bounces up, 10 bounces to the ground, catch the ball, put it on the ground and pick it up using your foot and racket using a pick up, drop/bounce, hit catch.</p>

# January

<b><i>Key Stage 1</i></b>	<b><i>Key Stage 2</i></b>
<b><i>Reaction time and Coordination:</i></b> Throw a tennis ball against a wall and catch with 2 hands. Complete 4 catches in a row without dropping the ball.	<b><i>Coordination:</i></b> Spin a basketball or netball on your finger for 3 seconds. Timed with stop watch.
<b><i>Core strength, reaction time, coordination:</i></b> Hula-hoop for 6 seconds around your tummy. Stopwatch needed.	<b><i>Coordination and balance:</i></b> Throw a ball high in the air spin around and catch it on the spot without a drop, once in each direction and making 2 catches in a row.
<b><i>Coordination and organisation:</i></b> Pass and catch a ball (rugby, netball or basketball) with a friend. Make a score of 12 catches in a row to score. The ball must travel through the air! Giving the ball does not count.	<b><i>Coordination, organisation:</i></b> Bowl a windball (rubber cricket ball) using over arm with no bend to hit the cricket wicket (stumps) from 15 paces away. 2 hits needed in 6 bowls (an over) to count. *this is a chance to practice LEADERSHIP: equipment, space, safety.
<b><i>Reaction time, coordination.</i></b> Skip 8 skips over a double skipping rope using 2 people to turn the rope you jump.	<b><i>Coordination and balance:</i></b> Complete 6 keepy ups kicking a football off your foot without losing control 6 times in a row.
<b><i>Strength and balance:</i></b> Complete 20 bounces on a hopper.	<b><i>Reaction time, coordination:</i></b> Catch a rebounding tennis ball off a wall. Stand 2 steps back, throw and catch from one hand to the other: left, right and so on. Complete 20 catches in 30 seconds. Stopwatch needed.

# Skills Challenge

## February

# Skills Challenge

<i>Key Stage 1</i>	<i>Key Stage 2</i>
<p><i>Organisation:</i> Organise a game and be in charge of the score. Write the score for each point or call out the score at each point.</p>	<p><i>Organisation:</i> Complete 2 of the 4 jobs. Agree roles before match. Max 2 people per event.</p> <ol style="list-style-type: none"><li>1) Set up 2 small pitches with cones (side-lines, end lines , goals).</li><li>2) Pick teams of 2v2 or 3v3 hand out bibs or bands.</li><li>3) Time the game for 3 minutes each way.</li><li>4) Write down the scores at the end of each game.</li></ol> <p>Run any game e.g. benchball, football, hockey, netball, basketball</p>
<p><i>Coordination</i> Tie a shoelace</p>	<p><i>Coordination:</i> Tie a shoelace</p>
<p><i>Flexibility:</i> Touch your toes with straight legs and feet close together. Don't try until you are warm after running around, take time to stretch no bouncing.</p>	<p><i>Flexibility:</i> Touch your toes with straight legs. Don't try until you are warm after running around, take time to stretch no bouncing.</p>

<p><b>Coordination:</b> Bounce a ball into a bucket from 3 distances. 1m, 2m, 3m. 30 seconds to complete all 3 distances. Watch needed.</p>	<p><b>Reaction time and coordination:</b> Juggle 2 balls in one hand, complete 8 catches.</p>
<p><b>Coordination:</b> Use a tennis racket and small ball, to bounce the ball 10 or more setting your personal best. Keep the ball bouncing on the floor or in the air. If you lose control go back to Zero.</p>	<p><b>Static Balance:</b> Use a rubber spot: Stand on tip toes on one foot. Hold your balance for 30 sec. No hopping, putting your heel down or placing your other foot down. Stop watch needed.</p>
<h1>MARCH</h1>	

## Skills Challenge

<i><b>Key Stage 1</b></i>	<i><b>Key Stage 2</b></i>
<p><b>Power and coordination:</b> Throw a ball up or down, Bounce- catch a medium size ball</p>	<p><b>Speed, Power, coordination:</b> Lie down and throw a ball into the air then Jump up and catch the ball before it bounces.</p>

*Power and coordination:*

Bounce pass and catch with a friend.

Make 6 passes and 6 catches without a missed catch or losing control.

(safety: fingers up. Like waving to show ready catching hands).

*Balance:* Hold an arabesque (stand on one leg, lean forward until horizontal, put your arms out, your other leg up back behind you and look forward. Hold the arabesque for 10 seconds without hopping or putting a foot down.



*Dynamic balance:*

Hop down the long edge of your playground court. Stay on the same leg for each go without stopping or putting 2 feet down.

*Coordination, cooperation, concentration.*

Team juggle at least 4 balls through a group of 6 or more without drops for 3 full circuits.

The first person must start with all the balls and receive all 4 back 3 times without a drop. 12 clean catches each.

*Strength endurance:*

Hold a plank (body tension - push up position on elbows) bums not in the air! For 20 seconds.

*Reaction time, balance, coordination:*

Double dutch 2 x double ropes. Move into the 2 ropes from outside, complete 5 skips and move out without error.

*Coordination, power:* Throw a tennis ball as high as you can and make it land within 2 steps of where you were standing.

*Leadership:* Plan and organise a competition that can take place at lunch. Run your competition and get a sticker for knowing what you would do differently next time.

# April

# Skills Challenge

<b><i>Key Stage 1</i></b>	<b><i>Key Stage 2</i></b>
<p><b><i>Coordination:</i></b> Use a hockey stick and ball. Keep the ball moving pushing not hitting the ball along. Complete 30 seconds keeping the ball on or close to your stick while walking around (or running) after 30 sec the ball should be on the stick. Practice starting and stopping.</p>	<p><b><i>Coordination and Speed:</i></b> Dribble a ball with a hockey stick in and out of a circle of 8 cones. Sticker for being faster than the person before you. Stop watch needed.</p>
<p><b><i>Coordination, reaction time and balance:</i></b> Use a tennis racket (short plastic or real) to play 3 shots off the wall in a row. Unlimited bounces. Change your power and distances from the wall.</p>	<p><b><i>Coordination:</i></b> Pick a ball up off the floor with a tennis racket with your foot. Go straight into upward hits, turning your racket to use the strings on each side between hits. Complete 10 hits reversing the sides. 5 each side. Restart each time from the ground pick up.</p>
<p><b><i>Power and coordination:</i></b> Shoot a basketball into the hoop.</p>	<p><b><i>Power, Speed, Balance:</i></b> Shoot 4 netball or basketball hoops in 40 seconds from different places.</p>
<p><b><i>Balance:</i></b> Balance on any balance toy and set yourself a personal best. Remember your best time or score at the end of the week.</p>	<p><b><i>Balance:</i></b> Balance on any balance toy and set yourself a personal best. Remember your best time or score at the end of the week.</p>
<p><b><i>Leadership:</i></b> Invent a game that needs a score, choose some equipment, play it and score it.</p>	<p><b><i>Leadership:</i></b> Design a game including a scoring system, at least 3 rules and a clear working area.</p>

# May

# Skills Challenge

<b><i>Key Stage 1</i></b>	<b><i>Key Stage 2</i></b>
<p><b><i>Speed and balance:</i></b> Speed Bounces: Set a personal best for how many times can you jump over a line in 20 seconds. Stand side on to the line, use 2 feet to jump and land. Tips: bend the arms, look forward and twist the hips.</p>	<p><b><i>Coordination:</i></b> Complete 6 keepy up hits from a rounders bat! and a small ball.</p>
<p><b><i>Coordination:</i></b> Hop Scotch: Learn the feet pattern 1 foot to 2 and so on..1-2-1-2-1. (change left to right feet on the single leg)</p>	<p><b><i>Coordination:</i></b> Juggle 2 balls in one hand for 6 juggles/catches.</p>
<p><b><i>Leadership:</i></b> Help someone else learn to tie their shoe lace.</p>	<p><b><i>Coordination:</i></b> Spin a ball on your finger for longer than someone else. It must actually spin on your finger.</p>
<p><b><i>Agility, speed and balance:</i></b> Collect 5 cones in under 10 seconds. Set out a square 10 paces x 10 with a centre cone. Pupils start in the middle of one edge.</p>	<p><b><i>Coordination and balance:</i></b> Lie in a push up position, pick up a ball and put it on your own back and take it off with the other hand on the other side.</p>
<p><b><i>Coordination:</i></b> Catch a tennis from as high as the pupil can throw it.</p>	<p><b><i>Power, Coordination and cooperation:</i></b> Chest pass and bounce pass 2 balls at the same time. Start with one each. One person bounces their ball, the other chess passes. Complete 15 passes each without a mistake.</p>

# June

# Skills Challenge

<b>Key Stage 1</b>	<b>Key Stage 2</b>
<p><i>Coordination, dynamic balance:</i> Cart wheel on the grass. Complete 2 cart wheels (note: cartwheel only has 2 points of contact with the floor)</p>	<p><i>Coordination and dynamic balance:</i> Cartwheel 8 cartwheels along the field without stopping. Check the grass first!</p>
<p><i>Balance, Power and Coordination:</i> Score a basketball hoop shot before an opponent. 1 v 1 with a ball each.</p>	<p><i>Leadership:</i> Set up a game on the field, to play at lunch. Organise with staff if equipment is needed or supervision if off site. Look at silver sticker jobs.</p>
<p><i>Coordination:</i> Hit a ball 3 times into the air with no bounces on the floor with a short cricket bat.</p>	<p><i>Reaction time and Coordination:</i> Quick catch cool head: In a small group min 3, use 2 balls of any size. Throw your own ball in the air and before catching it, pass the ball on your left to the person on your right. Catch your ball and be ready to pass it to the person on your right as soon as they throw their ball in the air. All group members must make a catch for you to get a sticker (one perfect circuit).</p>
<p><i>Power and Coordination:</i> Throw a tennis ball or windball with power to hit a set of cricket stumps from 10 paces away. Direct hits only, no rolling.</p>	<p><i>Reaction time, balance and Coordination:</i> Score a basket or netball hoop shot before an opponent. 1 v 1 with a ball each.</p>
<p><i>Speed:</i> Set a personal best time for racing 65m.</p>	<p><i>Leadership and cooperation:</i> Play a game where you can collect a sticker for a catch, bowled out or run out. (cricket, rounders, Danish longball).</p>

# July

# Skills Challenge

<i>Key Stage 1</i>	<i>Key Stage 2</i>
<p><i>Coordination:</i> Hold a tennis ball under your chin and drop it into your hands. Make a catch with 2 hands. Try catching in just your left or right hand too.</p>	<p><i>Coordination:</i> Bowl a windball or tennis ball onto cricket stumps from 15 paces away.</p>
<p><i>Balance:</i> Hop forward 5 hops, turn around hopping without putting a foot down and hop back to where you started.</p>	<p><i>Coordination and cooperation:</i> Work with a partner to bounce pass and chest pass 2 balls at the same time. One needs to always bounce pass the other always needs to chest pass. Complete 20 continuous passes.</p>
<p><i>Coordination:</i> Run through a PE ladder putting only one foot in each square/ rung.</p>	<p><i>Dynamic balance and Coordination:</i> Compete in a hopscotch race. Set your own distance and use a judge to check your technique. Hop, 2 foot land, change foot to hop, 2 foot land.</p>
<p><i>Agility and speed:</i> Race a friend on a ziz zag run. Teacher to set out 2 sets of cones. Place 6 cones 1 meter apart in a line and an identical set parallel 5m away. Pupils race up and back. Encourage pupils to side step their feet rather than weaving in and out. Try lying down starts if dry.</p>	<p><i>Leadership:</i> Netball: organise your own half-court game (using one net) and play a game keeping score. Play 2 or 3 attackers vs 1 defender. Start by passing from the net to the attackers outside the semi-circle. Scorer becomes defender.</p>
<p><i>Coordination:</i> Dribble a ball with their feet or a hockey stick around 10x10m area. Can the pupils stop the ball on your command to show they have control of the ball?</p>	<p><i>Balance:</i> Check with teachers first: on the grass or indoors using a gym mat complete a tall hand stand, keeping legs together at the top and coming down to your feet with control back into a stance.</p>

September

**Skills Challenge**

<b><i>Key Stage 1</i></b>	<b><i>Key Stage 2</i></b>
<p><b><i>Balance:</i></b> Skip around the playground and stop without a wobble on your teachers command.</p>	<p><b><i>Speed:</i></b> Speed bounce over a line 40 times in 30 seconds. To complete a speed bounce stand side on to the line and jump and land off and onto 2 feet.</p>
<p><b><i>Speed:</i></b> Sprint on the spot for 10 seconds. Encourage head up, fast arms and high knees. Repeat 3 times with 30 sec rest.</p>	<p><b><i>Static Balance:</i></b> Balance on one leg on tip toes for 8 seconds without hopping or putting your other foot down.</p>
<p><b><i>Agility:</i></b> Pick up 10 cones in 10 seconds from an area 3 x 3 meters.</p>	<p><b><i>Strength:</i></b> Complete 12 sit ups in one go while your arms are across your chest. You may want to use a mat indoors.</p>
<p><b><i>Coordination:</i></b> Step forward and pass a ball from hand to hand under your front leg. Complete 3 passes in a row.</p>	<p><b><i>Agility, Balance, Speed, Leadership:</i></b> Spread out 20 sports cones all the same way up on an area 3 meters by 3 meters. Can you turn all the cones over in less than 10 seconds.</p>
<p><b><i>Reaction time:</i></b> Stand with your back to the teacher (1 pupil at a time). Teacher drops a ball when you hear it bounce turn and try to catch the ball. For reception they start facing you and react when you drop the ball to catch before or after the bounce.</p>	<p><b><i>Coordination:</i></b> Bounce 2 balls at the same time completing 6 bounces without a mistake.</p>

# October

<b>Key Stage 1</b>	<b>Key Stage 2</b>
<p><i>Balance:</i> walk the full length of a school bench that is upside down walking on the narrow beam. Use the bench feet as a starting and end point. Complete once, if done try with a bean bag on your head. Try looking forward not down.</p>	<p><i>Strength and coordination:</i> Bunny hop 15 hops in 10 seconds. (Adult supervision required). Use a school bench. Stand to the side of a bench half way along and grip hold of each side and keep hold. Lift your chin up so you can look up the bench. Put weight onto your hands and then do a 2 foot jump over the bench landing on 2 feet. Each time you cross the bench you complete 1 bunnyhop. Safety: bench in the middle of the hall and have your timer sitting on the bench to weight it down.</p>
<p><i>Coordination:</i> 2 foot jump to 2 foot landing off a bench. Use a bench and a mat at the far landing end. Pupils run up towards the end of a bench along the floor and jump onto the bench off 2 feet and land on the bench on 2 feet. Walk along the bench to the end, jumping from 2 feet and landing on 2 feet.</p>	<p><i>Core strength:</i> Hold a plank position for 30 seconds. Place a mat on the floor and lie down on your front. Lift yourself up to rest on your elbows and toes keeping your body straight. No bums in the air!</p>
<p><i>Power:</i> Standing long jump. Jump from the hard floor forward onto a gym mat landing with control. Swing both arms together bending the knees to go from tall to small 3 times before jumping. Measure from the back of the feet. Jump further than 90cm to score.</p>	<p><i>Flexibility:</i> Reach behind your back to connect your hands. You only score if you can connect BOTH ways. 1: left hand over the shoulder, right hand around your back. 2: Right hand over the shoulder, left hand around your back.</p>
<p><i>Coordination:</i> Throw and catch a ball off the wall. Pupils to select a ball of their choice. Stand at least 1m back and encourage a higher than flat throw to give time to see the balls in the air. Receptions - make 1 catch Year 1 - make 2 catches in a row Year 2 - make 3 catches in a row.</p>	<p><i>Balance and coordination:</i> Walk blind folded through a 1m wide and 6m long pathway. Set out cones in the middle of the hall floor. 3 attempts allowed per day.</p>
<p><i>Flexibility:</i> Reach behind your back to connect your hands. You only score if you can connect BOTH ways. 1: left hand over the shoulder, right hand around your back. 2: Right hand over the shoulder, left hand around your back.</p>	<p><i>Balance:</i> (Adult supervision) Turn a long bench over in the middle of the hall then walk on the narrow beam, up down and back completing 3 lengths without coming off or using the wider feet of the bench. complete your turns on the narrow section.</p>

## **Skills Challenge**

**November**