



# A-Z School Games Challenge

## P- Personal Challenge Challenge – You vs. You

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the #StayInWorkOut and tag @swschoolgames



## Bounce & Catch

### Explanation:

- Use a red and yellow tennis ball
- With a slight bend in the knee bounce the ball just in front of your toes (you cannot sit or kneel down unless advised by a teacher).
- You have 30 seconds to score as many successful catches as possible, if you lose control do not worry collect your ball go back to your spot and continue.

### How to Score:

- Everytime a successful catch is made it should be recorded as a point.

Use the table below to keep track of your personal best attempts.

Name	1st Attempt	2 <sup>nd</sup> Attempt	3 <sup>rd</sup> Attempt



Celebrate by placing yours and your families personal best scores in the stars



# Figure of 8

## Explanation:

- Stand shoulders width apart, knees slightly bent.
- Using a beanbag pass the beanbag through and around your legs in a figure of 8 motion.
- You have 30 seconds to score as many points as possible.

## How to Score:

- Count the number of times you complete a full loop around your right and left leg. 1 full loop counts as one point.

Use the table below to keep track of your personal best attempts.

Name	1st Attempt	2 <sup>nd</sup> Attempt	3 <sup>rd</sup> Attempt



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Could you make up your own 30 second challenge using a skill from your favourite sport?

For more Personal Challenge ideas have a look here - <https://www.youthsporttrust.org/pe-home-learning>

FOLLOW, RETWEET, GET INVOLVED!

