

# Personal Challenge 1

## Speed Bounce

### Equipment

- Speed bounce mat / KS1 Line
- Stop watch
- Clipboard, pen and score sheets

### Instructions

- Time 20 seconds and count number of jumps
- Athletes must jump and land on 2 feet together
- Jumps that hit the centre wall will not count.
- KS1 – jump over a line



### Tips and coaching points

- Pick your knees up
- Keep the body upright – don't look down too much
- Try and get a rhythm going
- These are rebound jumps so do not bend your knees too much

### Practice Activities

- Jump over a line
- Sing a song, clap or count to keep a rhythm going
- Practice 2foot to 2 foot jumps along a course of markers or over low hurdles
- Any games that involve jumps

### Too difficult? Too easy?

- Change height of the obstacle
- Change the time
- Support the athlete – hold their hands
- Change task e.g stepping over

Remember **STEP**

# Personal Challenge 2

## Standing Long Jump



### Equipment

- Long jump mat/floor mats
- Tape Measure
- Clip board, pen and score sheets

### Instructions

- Athletes must jump with two feet together
- Athletes must start with both feet behind the line
- The jump will be marked from where the back of the heel lands
- If an athlete falls backwards then the score will be taken from the part of the body closes

### Tips and coaching points

- Have feet hip distance apart
- Rock from toe to heel before jumping to give momentum
- As you jump swing both arms forward with tension
- Bend knees on take off and landing
- Push legs through
- Take care not to fall back!

### Practice Activities

- Any fun jumping games
- Still jumping for distance but over a low obstacle
- Mark jumpers distance and then they try and improve

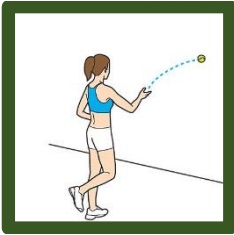
### Too difficult? Too easy?

- Set realistic targets
- Set an alternative activity

**Remember STEP**

# Personal Challenge 3

## Alternate Hand Throw



### Equipment

- Tennis Ball
- Wall
- Tape Measure and markers/cone
- Clip board, pen and score sheets

### Instructions

- A marker/cone is placed 2 metres from the wall. Thrower starts behind it
- The ball is thrown from one hand in an underarm action against the wall, and attempted to be caught with the opposite hand.
- The ball is then thrown back against the wall and caught with the 1<sup>st</sup> hand.
- This is timed for 30 seconds and the number of successful catches recorded.
- **KS1 – One Hand Throw** – throw and catch with the same hand

### Too difficult? Too easy?

- Change distance from the wall
- Build up from throwing and catching with same hand
- Add in additional moves e.g. a turn
- Change the ball

### Remember STEP

### Practice Activities

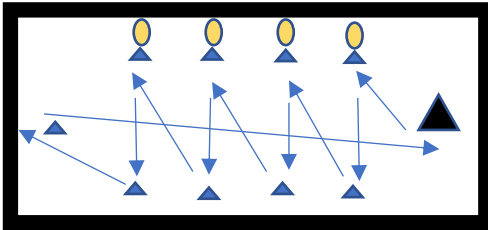
- Any throwing and catching games
- Add targets on the wall

### Tips and coaching points

- Keep your eyes on the ball all the time
- Keep your weight on the balls of your feet so that you can move in line with the ball
- “Soft hands” when catching
- Consider the line of the ball and the speed

# Personal Challenge 4


## Zig Zag Agility



### Equipment

- 8 cones
- 4 tennis balls
- Stop watch
- Clip board, pen and score sheets

### Instructions

- Set up the course as shown in the diagram. Cones 1m apart along sides. Sides 2m apart.
- Start and End cone 50cm beyond end line
- Athletes must start with one foot by the start cone . On “go” they run the route as shown moving tennis ball from one side to other

### Tips and coaching points

- Keep balanced – keep centre of gravity over your base
- Try and move smoothly and with control
- Push off changes of direction

### Practice Activities

- Activities at speed that involve changes of direction e.g. in and out of cones
- Tag and chase games e.g. stuck in the mud

### Too difficult? Too easy?

- Set realistic targets
- Slow down the activity
- Change size of the course

**Remember STEP**

# Personal Challenge 5

## Stork Balance



### Equipment

- Stop watch
- Clip board, pen and score sheets

### Instructions

- Remove the shoes and place the hands on the hips
- Position the non-supporting foot against the inside knee of the supporting leg.
- On “go” the athlete raises the heel to balance on the ball of the foot. The stopwatch is stopped if any of the follow occur:
  1. the hand(s) come off the hips
  2. the supporting foot moves (hops) in any direction
  3. the non-supporting foot loses contact with the knee
  4. the heel of the supporting foot touches the floor

### Tips and coaching points

- Look forward and focus on one point
- Keep your tummy tight (core muscles)
- Bend your supporting leg slightly

### Practice Activities

- Balance activities individually or with a partner e.g balancing beanbags on parts of the body
- Practice with support

### Too difficult? Too easy?

- Add support
- Do blindfolded or on ball of the foot
- Change shape of the balance

**Remember STEP**

# Personal Challenge 6

## Distance run



### Equipment

- Stop watch
- Clip board, pen and score sheets

### Instructions

- A marked course needs to be identified. Your school can choose to do a mile or 600 meters.
- Runners are to be timed completing the course.

### Tips and coaching points

- Running technique
  - body upright – looking ahead
  - use of arms
  - striding out
  - smooth
- Pacing

### Practice Activities

- Pacing activities e.g. running at different speeds at different colour cones
- Drills for technique e.g. just arms
- Games and relays which require running over a distance

### Too difficult? Too easy?

- Change the distance
- Walk/run/walk/run at intervals

**Remember STEP**