



Challenge 1

What you'll need:

Volleyball – or football or large ball equivalent
Markers x 2 – or cans, socks, tins, or plastic bottles
Chalk x 1 – tape or blu-tack
Wall Space – away from windows and doors
Stopwatch – If not a Phone or a watch or an iPad.

- Mark a scoring square - 2 paces by 2 paces.
- Stand in the square.
- Using a large ball, or equivalent, place the ball on your arms and allow the ball to slide onto your thumbs. Attempt to “dig” the volleyball up into the air continuously counting the number of digs.
- Should the ball hit the floor, you must reset to zero.
- Count the highest number of continuous digs without the ball touching the floor and the person leaving the scoring square.
- You have 60 seconds to record the highest score.
- Do not forget to record your best score!

Challenge 2

What you'll need:

Foil – If not a Cricket Stump or Cricket bat or tennis racket or wooden spoon or frying pan.
2 x Markers – Cones or Socks or cans or plastic cups.
1 x Ball – If not bean bag or Sock balls or tin foil ball or paper ball.
Chalk – if not tape or blu-tack
Stopwatch – If not a Phone or a watch or an iPad

- Using the 2 markers, place them 5 paces apart with the 2nd marker being 1m from a clear wall space.
- Create a scoring zone on the wall space using tape, chalk, (or blu- tack) approximately the size of a torso/body (scoring area in Fencing).
- Start at 1 marker in the “Engarde (on guard)” position with your ‘foil’ ready.
- On “Allez (go)” advance forwards, stepping forward with the foot on the same side as your foil hand and sliding the other foot behind, as you would to attack your opponent, towards the 2nd marker (see video).

- Once you have reached the 2nd marker, ‘lunge’ to attack the scoring zone with your foil before reversing defensively to the starting marker.
- 1 point is scored each time you make a lunge attack and contact the target with your foil.
- You have 60 seconds to score as many points as possible.
- Do not forget to record your best score!

Challenge 3

What you’ll need:

Household Objects x 3 – Small balls, socks rolled up
 Markers x 2 – Tins, cans, plastic cups can be used as well
 Chalk – Tape or Blu-Tack
 Wall Space - away from windows and doors.
 Stopwatch – If not a Phone or a watch or an iPad

- Set out 2 x markers. 5 paces apart and a wall 2 paces from the end of the running zone.
- Draw (or blu-tack) a circle (roughly the size of a large dinner plate) on the wall.
- Place 3 objects to shoot next to the marker nearest the wall (2 paces away).
- Start at the end nearest the wall with the targets and complete 4 x shuttle runs before ‘shooting’ each of the objects with an overarm throw at the large circle.
- 1 point for each successful shot that hits the circle.
- Collect the objects and run back to 1st marker and repeat.
- You have 60 seconds to score as many points as possible.
- Do not forget to record your best score!

Name:			Class:		
Challenge 1 Best Score		Challenge 2 Best Score		Challenge 3 Best Score	