

CHALLENGE CARD

Session 1

AGILITY:

Illinois

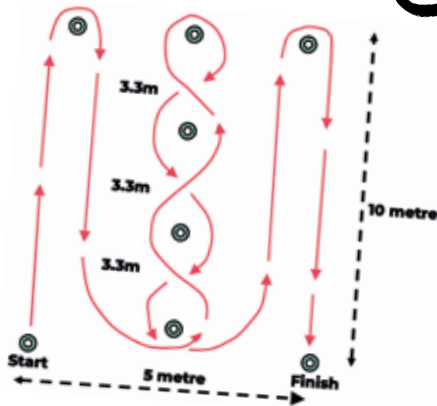
- Set up the Illinois agility test. If you have cones great, if not you could

use socks or another type of marker. Use a stopwatch to time your run.

- Use the diagram to check the route, walk it through a few times before you do your timed runs.

- Complete the test 3 – 4 times and make sure you record your scores.

Easier: Adapt the course slightly to make it easier for younger children.

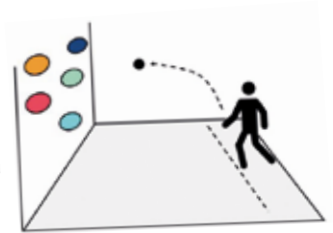


COORDINATION:

Wall Target

Cut out 5 pieces of paper and colour them in different colours.

Stick the circles to the wall and get a small soft ball, or balled up socks, to complete the following challenges.



- 1 As quickly as possible hit each target throwing with your right hand / then left hand (if using a balled sock, you will need to run and collect and get back behind your line).

- 2 Throw to each colour e.g. blue with the right hand and then the left hand

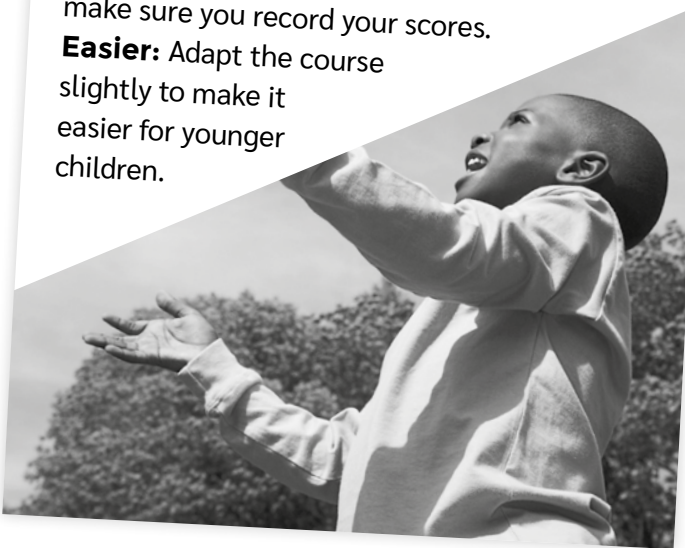
Easier: Stand closer to the wall.

Harder: Stand further away from the wall.

Now without the ball..

- 1 Standing arm's length from the wall ask someone to call colours that you must then touch with your hands as quickly as possible.

- 2 The caller calls a string of colours for player to hand tap e.g. "red, blue, blue, yellow, green, red" and so on.



BALANCE: Balance Challenge

Stand next to a wall or chair to steady yourself if needed, standing on your right leg, lift your left foot off the floor about 10 cm or so and close your eyes. As soon as your eyes close start the timer, you may ask a parent or sibling to time you. As soon as you lose balance and put your foot down stop the timer.

- 30+ seconds = Excellent super balance skills!
- 20-30 seconds = Great work, you're on the right track
- 10-20 seconds = You need some practice!
- 0-10 seconds = Some improvement needed, don't worry try every morning to get a little better

Undertake the balance challenge on both feet, record your score ready to repeat in a few weeks' time!

