Playground Challenges

**Skipping**

**You will need**

Skipping ropes

Stopwatch

Clipboard and record sheet

A safe space

**Challenges**

How many skips f**orwards** can you do without stopping?

How many skips **BACKWARDS c**an you do without stopping?

How many skips can you do in 1 min?

Write down the results on your record sheet.

**Skipping**

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| --- | --- | --- | --- |
| **Name**  | **Skips forward** | **Skips backwards** | **Skips in 1 min** |
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Playground Challenges

 **Dribbling**

**You will need**

5 cones which are set up 2M apart in a straight line

1 medium ball (bouncy)

1 football

1 plastic hockey stick

1 small airflow ball

Stopwatch

**Challenges**

How fast can you dribble the ball using your **FEET** from the start line in and out of the cones and back to the finish?

How fast can you dribble the ball by bouncing it with **ONE HAND** from the start line in and out of the cones and back to the finish?

How fast can you dribble the ball using a **Hockey stick** **and a ball** from the start line in and out of the cones and back to the finish?

**start**

**Finish**

**Write down the results on your record sheet**

**Dribbling**

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| **Name**  | **Dribble using feet** **Time** | **Dribble using hand**  | **Dribble using a hockey stick and ball**  |
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Playground Challenges

**Target Throw**

**You will need**

3 hoops of different colours – yellow, green, blue

6 bean bags 2 yellow, 2 green, 2 blue

Clipboard and record sheet

 **Yellow (3M away) Green (4M away) Blue (5M away)**

**Start**

**Challenge**

Can you throw each of the bean bags into their correctly coloured hoop? To be successful in this challenge you must get ALL bean bags in the correct hoops when it’s your turn)

Write down the results on your record sheet.

Target Throw

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| **Name**  | **First hoop** **(please tick)** | **Second hoop** **(please tick)** | **Third hoop** **(Please tick)**  |
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Playground Challenges

**Shuttle Run**

**You will need**

2 cones placed 10 M apart

Stopwatch

Record sheet

**Start**

**Finish**

How fast can you run to the cone and back 3 times?

Make sure your foot is level with the cone

Record your time

Shuttle Run

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| **Name**  | **1st try (time)** | **2nd try (time)** | **3rd try (time)** |
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**Shuttle Run**