

Sports Challenge Sheet.

Throw, clap and catch - get a soft ball or a pair of socks (joined) and throw them into the air, clap and then catch. How many can you do without dropping?

Speed bounces - get an empty cereal box, lay it on the floor. Jump over it from side to side, feet together. How many can you do this in 20 seconds?

Keep it up - get a bat and ball or a frying pan and a pair of socks! See how many times you can bounce it up in the air without stopping.

Move and collect - have a central spot to stand in/on like a hoop. Place 5 objects separately at a distance from the hoop. Start in the hoop and run and collect the first object and put it in the hoop. Do this with the other objects one at a time. When you have finished put them all back one at a time. How long did it take you? Can you do it faster?

You could try all of these challenges with someone else and see who is the fastest. Send me some pictures!