

CHALLENGE CARD

Session 2

AGILITY:

Speed Bounce

Set up a rolled-up towel with space to jump each side. Start with two feet together, the aim is to bounce over your towel and land on two feet and repeat this back and forth in a given time. How many speed bounces can you do in....?

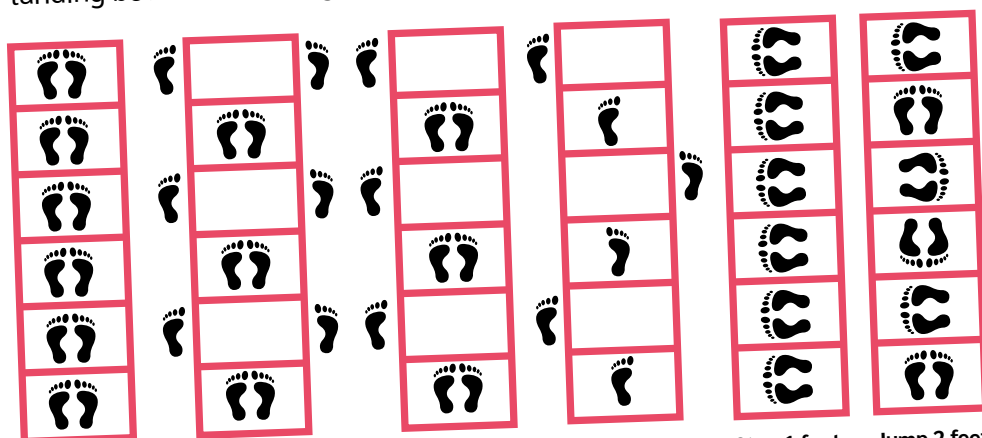
- Reception - 15 seconds
- KS1 - 20 seconds
- KS2 - 30 seconds



COORDINATION:

Ladder Challenge

Draw two ladders on the pavement/patio with chalk. If you must complete inside, layout socks as the rungs of the ladder with feet landing between the rungs (socks). **Extension:** Beat your time!



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet.

Jump 2 feet in then 2 feet out up the ladder.

Jump 2 feet in then hop left foot out. Go back to the start and repeat with the right foot.

Hop the following pattern. Go back to the start and repeat leading with right foot.

Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet. Go back and repeat with left foot.

Jump 2 feet to 2 feet following the pattern.

BALANCE: Hop Scotch Challenge

There are several steps to build your balance ready for a game of hopscotch!

- 1 Eyes open, balance on your right leg for 1 minute, then swap to left leg for 1 minute.
- 2 Hop on the spot for 1 minute on the right leg, then swap to the left leg for 1 minute.
- 3 Hop forward on one leg 3

times, bend forward and touch the floor (remaining on one leg) - repeat 5 times and then swap legs.

- 4 Hop forward three times on your right foot and land on two feet, then hop forward 3 times on your left foot and land on two feet - repeat 10 times 5 each foot).

