

CHALLENGE CARD

Session 3

AGILITY:

Zig Zag

Create a zig zag course in your house or outside using rolled up socks as markers.

- How fast can you complete your zig zag course?
- How fast can you hop through your zig zag course?
- How fast can you complete your course touching each cone with your hand?
- How fast can you complete the course with something balanced on your head?

Extension: Can you think of any other ways you can zig zag through the course? Could you set up a longer zig zag course?



BALANCE: Play Hopscotch

Step 1 Draw a hopscotch grid on the ground (chalk is the best). Make sure the squares are big enough to fit your feet and the sock/beanbag/ or stone (something that won't bounce out easily).

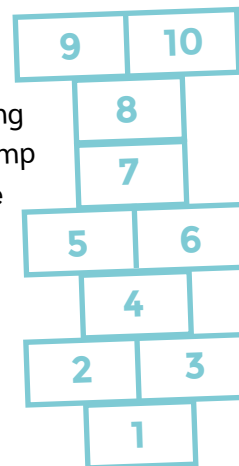
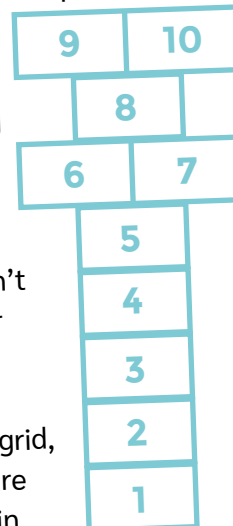
Step 2 Throw your sock into square one. The socks must land in the square without touching the edge or bouncing out. If you don't throw the socks in the target your turn is over and goes to the next person. If you do hit the target you go to the next step!

Step 3 Hopping and jumping through the grid, hop through the squares avoiding the square with your socks in. Only one foot at a time in each square.

Step 4 Pick up the sock on your way back. When you get to the last number turn around (either hopping or jumping depending on how your grid is laid out) and hop and jump your way back in reverse order. While you're on the square before the one with your socks in, lean over and pick it up, do not then hop in that square!

Step 5 Repeat if you completed your turn with the stone on square one, you then continue by throwing your stone onto square two on your next turn and so on, until you have completed all the numbers.

Examples of hopscotch layouts



COORDINATION: Toilet Roll Boules

You will need each player to have 3 balled up socks of the same colour and one toilet roll. Begin the game by throwing the toilet roll into any space, this could be the living room or garden. The objective of the game is to win by getting your

socks closest to the toilet roll. Each player takes it in turns to throw to the toilet roll. To make it easier have the toilet roll closer, harder further away. This game is played best with 2 – 4 players.