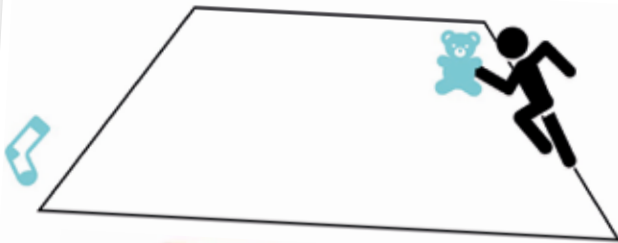


CHALLENGE CARD

Session 4

AGILITY: Shuttle Run

Mark out a shuttle run approximately 10metres. Place two objects (teddy bear, socks etc) at the start line. On 'go' the child needs to move one object to the opposite line, run back and move the second object. The object must be placed beyond the line and not thrown. Time how quickly you can complete it and repeat.



COORDINATION: Tippy Toes

For this activity you will need a box that can be pushed along the carpet, a closed box of rice or even a cereal box would work. You will also need a small ball or balled up socks. Set up a start and finish line.

Easier:

- 1 Using the right hand dribble the ball along the floor with your fingertips/swap to left hand.
- 2 Alternate hands from one side to the other.
- 3 Using the right foot dribble the ball along the floor with your toes/swap to left foot.
- 4 Follow the pattern right hand tap, left hand tap, right foot tap, left foot tap to move the ball across the line.

Harder:

- 1 While pushing the box in your left hand dribble the ball with your right hand with your fingertips/swap sides.
- 2 In a crab position (all fours, bottom facing the floor) slide the box with your right foot over the line/swap feet.
- 3 In a crab position slide the box with your bottom over the line.

BALANCE:

Tissue Dance

- 1 Place a tissue on your head, play some fun, energetic music!
- 2 Start dancing and moving around the room the aim is to not let your tissue hit the floor!
- 3 If the tissue falls off your head, you can catch it as it

drops, put it back on your head, and keep playing. If the tissue falls to the floor you're out!

Extension: Players must include certain moves such as jumps, turns and different levels (e.g. going to the floor and up again). What other things can you balance on your head while dancing, such as pillows, balled socks etc?

