

# CHALLENGE CARD

## Session 6

### AGILITY:

#### *At sixes and sevens*

- Place seven t-shirts around your playing space, spread them apart as much as possible. Place six markers e.g. some socks, teddys or other objects you can place easily on top of the t-shirts, leaving one t-shirt free.
- Set a timer for 30 seconds and begin by moving one object onto the empty t-shirt, leave it and retrieve a different item and move to the new empty space and so on.
- How many times can you move your marker onto the empty t-shirt?
- You can try counting yourself or ask someone to help you keep track of each time you move the marker. Can you beat your score if you repeat?

### Extension:

How many can you do in 45 seconds? 1 minute?

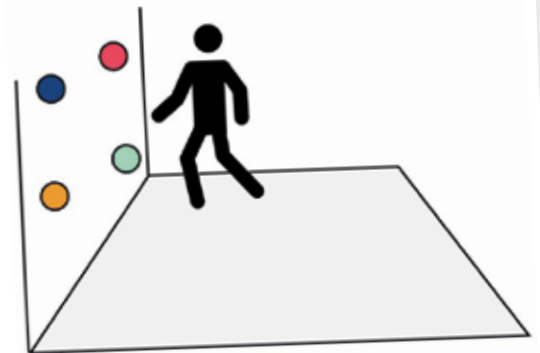


### COORDINATION: *Colour Spots*

- 1 Make 4 colour spots by drawing around something circular e.g. a bowl and colour them in four different colours. (alternatively you could make these on a computer and print). Stick the colour spots onto a wall making a square with a spot at each corner.
- 2 Have a quick practice by touching with your hand. Stand in front of the square and somebody else should call a colour for you to tap with your hand. Start slow and build up speed.
- 3 Can you keep going without any mistakes for 20 seconds? 30 seconds?

### Now can you try these variations

- Spots still in a square but player on all fours
- Try tapping with your left hand and your right hand
- Can you stand straight and do toe taps instead of using your hand?
- Change the shape of the spots e.g. put them in a horizontal or vertical line or place them further apart.



### BALANCE: *Balance Beam*

Use a line on the floor or you could use some rope/ dressing gown cord to make a makeshift beam. Practice walking along your beam whilst keeping a steady balance. Once you have had a few run throughs can you try the following:

- Place some boxes next to your beam. You could use empty cereal boxes, try and use boxes of differing heights. As you walk along the beam can you kick the box over without losing your balance on the beam?

- Place some objects along both sides of the beam. When walking along can you bend down and pick up the objects and place them in a bag or bucket you are carrying.

**Extension:** Place objects further away from the beam. Try the above but walking backwards on your 'beam'.

