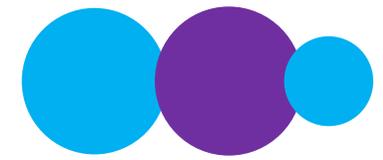


# Personal Challenges



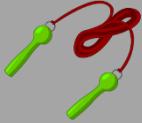
Below are a list of different personal challenges that you can try at home. These have been adapted from our 'schools personal challenge pack' that mini leaders and school staff ran during school, such as at lunch time or break times.

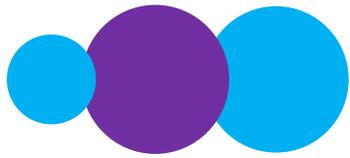
These are simple challenges aimed around improving your personal best, on either multiple challenges, or just one. The aim is to push yourself to work on them and not compare yourself to other people's scores or time.

To help you keep track of your own progress, we have added a record sheet for you to fill in if you wish.

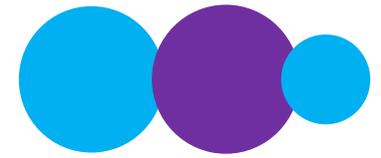
Good luck!

Infant Challenges	What do I need to do?	Equipment	How to make it easier	How to make it harder
<b>Wall Sit Challenge</b> 	How long can you sit in a squat position whilst your back is against a wall?  Make sure your legs are at a 90 degree angle if you can.	Timer	Can you do this challenge for 15 seconds?  Rather than holding a squat position, can you squat up and down, using the wall for support, for 30 seconds?	Try it without the wall! How long can you hold it for now?
<b>V-sit Challenge</b> 	How long can you hold a v-sit position for?  Remember to try to keep your hands and feet off the floor, and your legs straight.	Timer	Place your hands on the floor for support.	Aim to get your legs as high as you can – starting with your hands on the floor, and then slowly start to take them off.
<b>Stork Balance</b> 	How long can you hold a 'stork balance' for?  Remember to look straight forward and keep as still possible.	Timer	Start with using your stronger leg to balance.	Try balancing on your weaker leg.

<p><b>Target Throw</b></p> 	<p>Set out three targets in front of you at different distances, e.g. washing baskets or buckets. Using three balls (or rolled up socks), can you get one ball in each of the targets?</p>	<p>Three targets/buckets  Three balls or rolled up socks  Start line</p>	<p>Move your targets closer.  Make your targets bigger.  Introduce a points system to your targets. E.g. the closest target might be 1 point, then 3 points then 5 points. • Using as many balls as you like, can you get 10 points?</p>	<p>Introduce more balls and see if you can get more than one into your target.  Move your targets further away.  Try different ways of getting your balls into the targets, e.g. hitting with a tennis racket or kicking/flicking the ball.</p>
<p><b>Skipping</b></p> 	<p>How many skips can you do in 20 seconds?</p>	<p>Skipping rope  Timer</p>	<p>Try and do more skips in-a-row than last time. E.g. if you can only do two skips, can you do three in-a-row? Take away the pressure of timing yourself.</p>	<p>Can you try different ways of skipping?</p>
<p><b>Catching Challenge</b></p> 	<p>How many times can you throw and catch the ball to yourself in 20 seconds?</p>	<p>Ball of your choice (or rolled up socks!)  Timer</p>	<p>Use a bigger ball or object to throw and catch.</p>	<p>Try the following sequence;</p> <ul style="list-style-type: none"> <li>• Throw – clap – catch</li> <li>• Throw – clap x 2 – catch</li> <li>• Throw – clap x 3 – catch</li> <li>• Bounce – clap – catch</li> <li>• Bounce – clap x 2 catch</li> <li>• Bounce – clap x 3 – catch</li> </ul>
<p><b>Jumping Challenge</b></p> 	<p>How many two-footed jumps can you do over a line, or small object, in 20 seconds?  Remember you must land with both feet touching the floor.</p>	<p>Line or small object on the floor  Timer</p>	<p>Land with your outside foot first, followed by your inside foot. Then jump to the other side of the line or object.</p>	
<p><b>Balloon Challenge</b></p> 	<p>Using a balloon, how many 'keepie uppies' can you and your partner do in 30 seconds?  Remember to have a clear space before you do this.</p>	<p>Balloon  Timer</p>	<p>Have a practice first.  How many you can do by yourself in 30 seconds?</p>	<p>Try and use different body parts to keep the balloon off of the floor.  Can you keep the balloon as low as possible to the ground?</p>



# My Record Sheet



Name of Challenge	Date	Try 1	Try 2	Try 3	Try 4	Try 5

It is important to keep practicing and never give up. Your skills will improve and you will feel so good afterwards!

Maybe have a go at designing your own personal challenges and record sheet?

