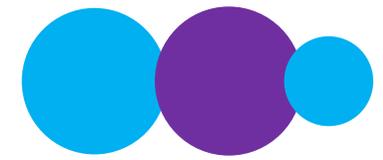


Personal Challenges



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.

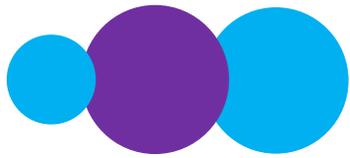
These are simple challenges aimed around improving your personal best, on either multiple challenges, or just one. The aim is to push yourself to work on them and not compare yourself to other people's scores or time.

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

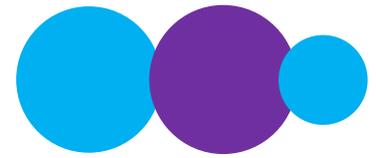
Good luck!

Infant Challenges	What do I need to do?	Equipment	How to make it easier	How to make it harder
Wall Sit Challenge 	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?
V-sit Challenge 	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.
Stork Balance 	How long can you hold a 'stork balance' for? Remember to look straight forward and keep as still possible.	Timer	Use your stronger leg to balance.	Try balancing on both legs.
Around the World 	How many times can you pass the ball around your waist in 60 seconds? If you drop the ball, quickly pick it up and carry on.	Ball Clear space around you	Try to do as many as you can in a row without dropping it. Make sure you take your time and get your technique right.	Can you do a figure of eight through your legs? How many can you do in 60 seconds?

<p>Target Throw</p> 	<p>Set out three targets in front of you at different distances, e.g. washing baskets or buckets. Using nine balls (or rolled up socks), can you get three balls in each of the targets?</p>	<p>Three targets/buckets Nine balls or rolled up socks Start line</p>	<p>Move your targets closer. Create bigger targets. Introduce a points system to your targets. E.g. the closest target might be 1 point, then 3 points then 5 points. <ul style="list-style-type: none"> Using as many balls as you like, can you get 20 points? </p>	<p>Move your targets further away. Create smaller targets. Try different ways of getting your balls into the targets, e.g. hitting with a tennis racket or kicking like in football.</p>
<p>Bowling Challenge</p> 	<p>Set up 10 targets at one end of your clear space. Lay them out in a triangle shape. Using a ball, you have three turns to knock as many down as you can.</p>	<p>10 targets Ball</p>	<p>Have more than three turns.</p>	<p>Play against a family member. Make your targets smaller or further apart. Say where you are aiming out loud, and see if you can accurately hit that target.</p>
<p>Super Slalom Run</p> 	<p>How many slalom runs can you complete in 30 seconds? Set out three objects, three steps apart in front of you. You must run in and out of the objects, and back to the start to complete 1 slalom run.</p>	<p>Start line Three objects Timer</p>	<p>Have a practice first. Put your objects slightly further apart. See how long you can run for until you get tired. Can you do longer next time?</p>	<p>Put your objects closer together. Chose bigger objects so you have to make larger movements. Add more objects to your slalom and see if you can run for 60 seconds. Try different ways of travelling, or try balancing different objects at the same time!</p>
<p>Jumping Challenge</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>	



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?

