



Challenges at Home

You can still complete the challenge whilst at home. It is a fantastic opportunity to practice each activity ready for when you return to school. Please see below how you can adapt each activity:

Challenge 1 - Hockey Pass & Move

If you do not have access to a hockey stick at home you can use a broom and a pair of rolled up socks. If you do not have a partner you can create yourself a target which you need to pass the ball/rolled up socks into. Targets can include a box turned on its side, paper target on the floor, a square marked out with household items.

Challenge 2 - Football Speed Dribble Shuttle

If you do not have access to cones you can use household items to act as cones, for example pillows, tins of beans. Use a football, different type of ball or pair of rolled up socks to dribble around the items.

Challenge 3 - Netball Passing & Shooting

Passing

If you have a partner and access to a ball that can bounce, you can practice the bounce pass between two people. Alternatively if you are on your own you can practice your bounce pass against a wall. Make sure the ball bounces before it hits the wall.

Shooting

Mark a target above head height on a wall to represent the net. This can be a circle or cross using chalk or a piece of paper. How many times can you hit the target?

Challenge 4 - Rugby - Keep Trying Challenge

If you do not have access to cones you can use household items to act as cones, for example pillows, tins of beans. If you do not have a Rugby ball you can use a different shaped ball, a rolled up pair of socks, a pillow or teddy.

