



A-Z School Games Challenge

P- Personal Challenge Challenge – You vs. You

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the #StayInWorkOut #StayHomeGetActive and tag @CWSchoolSport



Bounce & Catch

Explanation:

- Use a red and yellow tennis ball
- With a slight bend in the knee bounce the ball just in front of your toes (you cannot sit or kneel down unless advised by a teacher).
- You have 30 seconds to score as many successful catches as possible, if you lose control do not worry collect your ball go back to your spot and continue.

How to Score:

- Everytime a successful catch is made it should be recorded as a point.

Use the table below to keep track of your personal best attempts.

Name	1st Attempt	2 nd Attempt	3 rd Attempt



Celebrate by placing yours and your families personal best scores in the stars

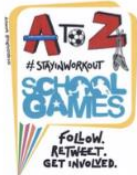


Figure of 8

Explanation:

- Stand shoulders width apart, knees slightly bent.
- Using a beanbag pass the beanbag through and around your legs in a figure of 8 motion.
- You have 30 seconds to score as many points as possible.

How to Score:

- Count the number of times you complete a full loop around your right and left leg. 1 full loop counts as one point.

Use the table below to keep track of your personal best attempts.

Name	1st Attempt	2 nd Attempt	3 rd Attempt



Celebrate by placing yours and your families personal best scores in the stars

Could you make up your own 30 second challenge using a skill from your favourite sport?

For more Personal Challenge ideas have a look here - <https://www.youthsporttrust.org/pe-home-learning>

FOLLOW, RETWEET, GET INVOLVED!

