



Sports Challenge - time yourself!

Choose 3 activities below or invent some of your own

Try hopping for a minute, how many can you do?

Try star jumps for a minute, how many can you do?

How many bounces of the ball can you do in a minute? Now try with one hand...

How many times can you throw the ball in the air and catch in 1 minute? Try different hands...

How many claps can you do in between throwing the ball up in the air (safely) for one minute?

Activity I can ...	How many in 1 minute?	Now challenge yourself: I want to be able to ...	How many? How far? How long?	How do I feel when I have achieved my challenge?