

## Long Jump

### You Will Need:

- A Start Line- this can be any household object like a piece of rope or a plank of wood.
- A Measuring Tape.
- A Tester with a Marker – this can be any small, movable object like a stone or a pair of socks

How to Prepare: Practice your vertical jump squats to get used to sticking your landing before taking on the Long Jump. Then start with a short forward jump and focus on sticking your landing before trying to jump for distance.

How to Set Up and Record Your Result: At the Start Line, stand with your feet about shoulder-width apart, facing forwards with your toes just behind the line. When you're ready, dip slightly at the knees and jump as far as you can! Try to stick your landing (stumbling forwards is not permitted) and the Tester will place the marker behind whichever heel is closest to the Start Line. The use your measuring equipment to measure the distance from your start line to your marker. Record your results on your sheet.



## Step ups

### You Will Need:

- A sturdy step (E.g. bottom of the stairs)
- A Timer or stop watch.



How to Prepare: You could practice doing “fast feet” on the floor and moving your legs quickly. Then give yourself time to practice stepping up and down off of the step slowly to ensure you have your balance and know the size of the step.

How to Set Up and Record Your Result: You will need a helper for this activity. You will have a set time to step up and down as many times as possible, your helper can count this for you. Placing both feet on the step and back down again counts as **ONE**. Record your results on your sheet.

Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds

## Hula Hoop Challenge

### You Will Need:

- A hula hoop
- A timer or stop watch

How to Prepare: Give yourself time to practice. Spin the hoop both left and right and see which you find more comfortable.

How to Set Up and Record Your Result: Ask your helper to start a timer and begin hula hooping! See how long you can continuously spin the hoop around your body before dropping it! Record your time on the results sheet.

You could attempt this three times and record your best result!



Lower school: 20 seconds      Middle school: 30 seconds      Upper school: 45 seconds

## Sprints

### You Will Need:

- A helper to shout “read, set go!”
- A timer or stop watches
- 2 cones or household objects to mark out your track



How to Prepare: Jog on the spot to warm up your legs, then perfect the ‘standing start’ or ‘crouched start’ by practicing setting off. Improve your reaction time by asking your Tester to call “Go” at the start of your practice sprints.

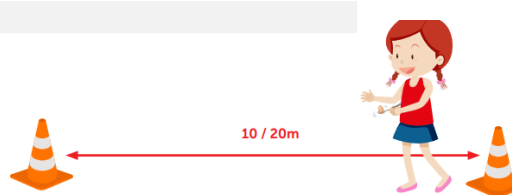
How to Set Up and Record Your Result: Set out your cones with the distance stated below or use large steps if you do not have an accurate tape measure. When the helper shouts, “Go” explode towards the second cone straight ahead, touching it before returning to your starting point. Your helper will record the time it takes you to reach the cone and return!

Lower school: 8 metres      Middle school: 10 metres      Upper school: 15 metres

## Egg and Spoon Race

### You Will Need:

- A hardboiled egg, ball of foil or plasticine. (You can make your own egg shaped object depending on what you have available in the house.
- Cones or household objects to set out a distance.
- A timer or stop watch



**How to Prepare:** This exercise tests your balance! Practice holding your spoon comfortably and balancing your egg on top in a stationary position – You must keep your hand steady! Then practice at walking pace, speeding up as you feel more confident! Slow and steady may be the best tactic for this race.

**How to Set Up and Record Your Result:** Set out your two cones at a distance stated below or use large steps if you do not have an accurate tape measure. Stand next to the first cone, then when your helper shouts “go!” you must make your way to the second cone and back again. For every time you drop the egg, you should add 2 seconds to your final time!

Lower school: 8 metres

Middle school: 10 metres

Upper school: 15 metres

## Skipping

### You Will Need:

- A Skipping rope
- A Timer or stop watch.



**How to Prepare:** Give yourself time to practice your skipping. Do you prefer skipping forwards or backwards? You may prefer to skip slowly and hope for make less mistakes or go for a speedy tactic!

**How to Set Up and Record Your Result:** You will need a helper for this activity. You will have a set time to skip as many times as you can. Record your results on your sheet.

Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds

## Chest Pass Challenge

### You Will Need:

- A netball or large bouncy ball
- A solid wall (Ask your grown-ups before you begin)



How to Prepare: Chest passes are used in netball, so some of you will have practiced these before. Hold the ball in both hands and throw it towards the wall, it will then bounce back for you to catch. Think about how the strength of your pass changes the balls speed. Also consider how far away from the wall is comfortable for you to stand – I recommend around 1 metre.

How to Set Up and Record Your Result: Ask your helper to set your timer and see how many times you can throw and catch the ball against the wall. Do not worry if you drop the ball, but you must retrieve it whilst the timer is still running!

Lower school: 20 seconds  
seconds

Middle school: 30 seconds

Upper school: 45

## High Jump

### You Will Need:

- A high fence or wall
- A measuring tape
- A helper with a pencil or chalk

How To Prepare: Practice jumping and landing with soft knees, then practice jumping with your arms in the air and touching the wall or fence. You must then mark out the height of your raised arm on the wall.



How to Set Up and Record Your Result: You will either jump with the chalk in your hand and mark your jump, or you may wish for your helper to hold the chalk and monitor how high you jump. You must then use a ruler or tape measure to measure the distance from the original chalk mark, to the jump point.

## Star Challenge

### You Will Need:

-A Timer or stop watch

How to Prepare: This exercise will really get your heart racing! Practice either full or half star jumps and decide which are more comfortable. Full star jumps require you to clap your hands at the top of the jump.

How to Set Up and Record Your Result: Ask your helper to set your timer and see how many star jumps you can record in your set time!



Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds

## Speed jump

### You Will Need:

-A chalk line, piece of string or material to lay on the ground and create a jump line.

- Timer or stop watch

How to Prepare: This task is all about speed! Jog in the spot to warm your legs up. Then practice slowly jumping over the marker using both feet. This will help you figure out how wide you will need to jump your feet and allow you to practice balance.

How to Set Up and Record Your Result: Mark out a line with chalk or a material on the floor. Then ask your helper to time you and see how many jumps you can do in the set time. Each time you jump over the line counts as 1!



Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds

## Strength Challenge

### You Will Need:

- Cones or household objects to set out a distance.
- A timer or stop watch



### How to Prepare: Start by

practicing your plank exercises to get your core strong (low plank with elbows bent, resting on your forearms and high plank with elbows locked out straight and resting on your hands). You could even try some push ups if you're feeling strong!

**How to Set Up and Record Your Result:** Place your cones or household objects 5 meters apart. You will begin in the start position with one foot touching the first cone and your head pointing towards the second cone. When the Tester shouts "Go!" crawl forwards as quickly as possible until you can touch the second cone with your hand. Once you have touched the second cone with their hand, crawl backwards and return to their first cone as quickly as possible, touching it again with your foot. Record how many times you can crawl forward and back in the set time. There and back counts as 1!

Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds

## Beanbag balance race

### You Will Need:

- A small bean bag or soft teddy
- A timer or stop watch
- Cones or household objects to set out a distance.



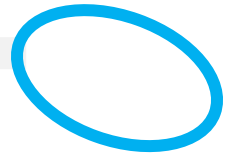
**How to Prepare:** Practice balancing your teddy or beanbag on your head in a stationary position. Think about keeping your head still and not tilting to one side. Progress by walking slowly and then gradually increase your speed.

**How to Set Up and Record Your Result:** Set out your cones 10m apart. Record how long it takes you to reach the cone and come back. For each time you drop the beanbag / teddy, you must add 1 second onto your final time!

## The Aim Game

### You Will Need:

- A hoop or drawn out target
- Small balls or rolled up foil or socks to use as ball.
- A timer or a stop watch



**How to Prepare:** This game is all about aim! Lay out your target and give yourself time to practice aiming towards it. Try both over and under arm throw to see which gives you a more accurate throw. You could use small balls if available or rolled up socks will work brilliantly! If you only have a few, you may need a runner to help you retrieve the balls.

**How to Set Up and Record Your Result:** Place your target the correct distance away. If you do not have a tape measure, use large steps to find your distance. Aim and throw your balls towards the target and count how many you can get in within 1 minute. Your helper will need to keep your score and may help you retrieve the balls if needed.

Lower school: 2 metres

Middle school: 4 metres

Upper school: 5 metres

## Keepy-Uppy Challenge

### You Will Need:

- A small ball or balloon
- A small bat (You could make your own bat with a paper plate!)
- A timer or stop watch



**How To Prepare:** using wither a balloon or ball, throw the object up and practice batting it back up. Repeat this several times, you will begin to get a feel how quickly it bounces back.

**How to Set Up and Record Your Result:** Ask your helper to set a timer and see how many “keepy-uppys” you can complete in the set time below! If you drop the ball, you must retrieve it whilst the clock is still running!

Lower school: 20 seconds

Middle school: 30 seconds

Upper school: 45 seconds