

PE Personal Challenges!

How many can you do in 30 seconds?

1. Throwing Challenge

Find lots of fluffy toys/bean bags/balls. Stand on/by a marker. How many can you throw into a basket/bin/first step of the stairs in 30 seconds? Stay still and don't leave the marker!

Teddy bears



Spot or marker - you select the distance



Basket or Bin



Make it easier - bring the target closer to the spot/marker

Make it harder- move the target further away from the spot/marker. Use your left hand and then your right hand to throw

2. Jumping Challenge

Use a skipping rope, wooden spoon, rolled up newspaper to create a flat line on the floor. Jump from one side to the other using 'soft' knees when you land. Keep your feet glued together. How many jumps can you do in 30 seconds?

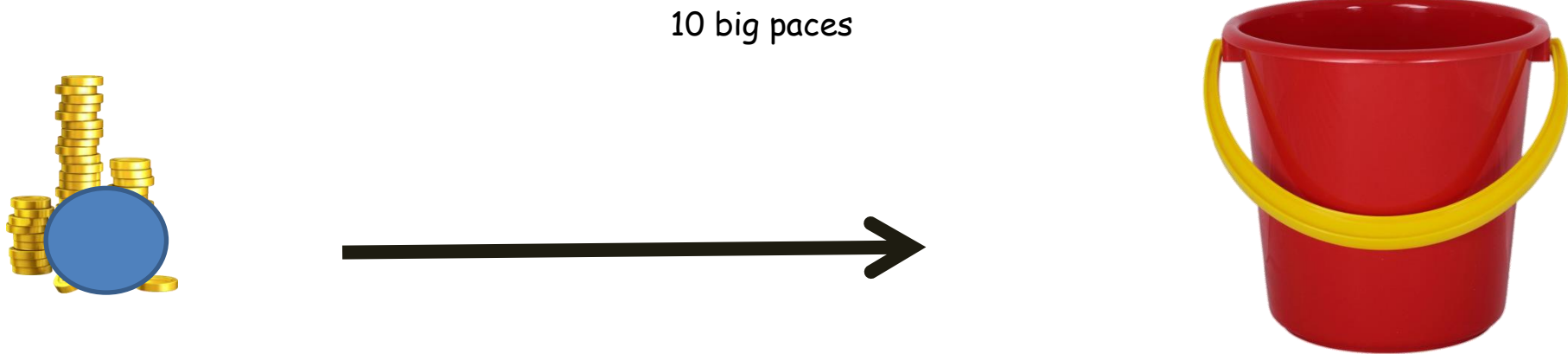


Easier - step over the lines rather than jump

Harder- instead of a line use a raised wedge. Must be able to collapse easily. E.g. a teddy, a small cushion, kitchen or toilet roll.

3. Running Challenge

This can take place inside or out. Place a marker on the floor and then place a basket/bin/bucket around 10 big paces away. Have a pile of coins next to the marker. To start, pick up a coin and run and put it in the bucket. Run back and repeat. How many coins can you put in the bin in 30 seconds?



Make it easier - decrease the distance - 5 paces

Make it harder - Balance the coin on a part of your body. Do not use your hands!

My results

You can do the personal challenges more than once a week, and just put in your top score.

Can you add some more?

	How many can you do in 30 seconds?								
Personal Challenges	23/3	1/4	6/4	15/4	20/4	29/4	4/5	13/5	18/5
Throwing Challenge									
Jumping Challenge									
Running Challenge									

Good luck everyone!