

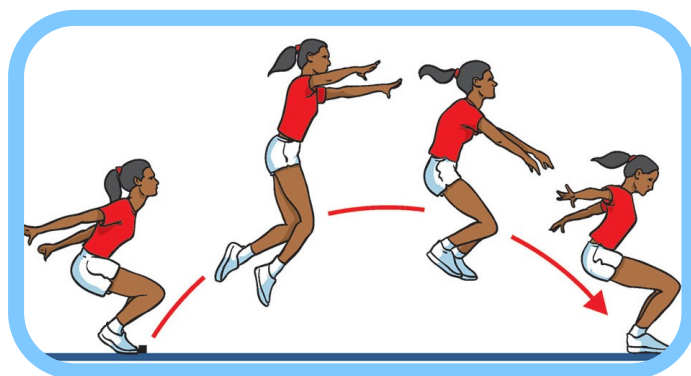
Standing Long Jump

You will need:

- ⇒ Skipping rope/something to mark your start point
- ⇒ Tape measure/something to measure your jump
- ⇒ Marker (stick, stone...)

What to do

- ⇒ Set up a take-off line using a stretched out skipping rope or something similar.
- ⇒ Stand with the toes of both feet as close as possible to the line without touching it.
- ⇒ Using the technique below make a two-footed take-off and jump as far as possible.
- ⇒ In line with the heel closest to the take-off point, place a marker where you land and measure the distance between the take-off line and the marker.
- ⇒ Jump three times, trying to jump as far as possible each time.



- 1 Bend your ankles, knees and hips ready for take-off
- 2 Swing your arms behind your body
- 3 Straighten your legs to take off with both feet leaving the ground together
- 4 Swing your arms forward and up
- 5 Land on both feet at the same time
- 6 Bend your knees, ankles and hips to absorb the impact on landing

Speed bounce

You will need:

- ⇒ Rolled up towel/something to use as a small hurdle
- ⇒ Stopwatch

What to do

- ⇒ Set up a hurdle by rolling up a towel or something similar
- ⇒ Stand on one side with feet together
- ⇒ Jump over the hurdle as many times as possible in 30 seconds (it is easier if someone else counts for you)
- ⇒ The jump does not count if your feet land separately or you land on the towel
- ⇒ Do the activity 3 times
- ⇒ Send the results for your best speed bounce



Make it harder

- ⇒ Use a slightly higher hurdle

Make it easier

- ⇒ Use a slightly lower hurdle

One legged pick up

You will need:

- ⇒ Any object that you can pick up with one hand
- ⇒ Stopwatch

What to do

- ⇒ Put your object on the floor near to one foot.
- ⇒ Pick up the object in one hand, stand upright, move it to the other hand, bend and place it on the floor by the other foot
- ⇒ This counts as 1 set. Complete as many as you can in 30 seconds
- ⇒ If you put your foot down or fall you need to start that set again.
- ⇒ Do the activity 3 times
- ⇒ Send the results for your best one legged pick up



Make it harder

- ⇒ Perform an 'arabesque' while picking up the object
- ⇒ You must pick up by going across midline of your body e.g pick up an object on the right side of your body with your left hand

Make it easier

- ⇒ Only balance on one leg when picking up or putting down
- ⇒ Perform the challenge in between 2 chairs so you don't have to bend so far to pick up and put down.

Sock sorting

You will need:

- ⇒ A box/lid/something to collect your socks in
- ⇒ Stopwatch
- ⇒ 10 pairs of socks

What to do

- ⇒ Collect 10 pairs of socks and un pair them (you may need more!)
- ⇒ Place your sock collector in front of you
- ⇒ Place 1 sock from the pair 2 steps to the left of your sock collector and the other sock 2 steps to the right
- ⇒ Stand facing your sock collector, you have 30 seconds to collect as many pairs of socks as you can
- ⇒ Do this by quickly running from one pile to the other to pick up a pair of socks and place them in your collector
- ⇒ Then return to collect another pair
- ⇒ You can only pick up one sock from the pile at a time
- ⇒ Keep going until the 30 seconds is up. You are recording how many pairs you have collected.
- ⇒ Do the activity 3 times
- ⇒ Send the result for your best sock sort



Make it harder

- ⇒ Use a smaller/different shape ball
- ⇒ Throw and catch with 1 hand or alternating hands
- ⇒ Clap or spin before you catch the ball

Make it easier

- ⇒ Use a bigger/slower ball
- ⇒ Throw and catch with 2 hands
- ⇒ Take a further step back and allow the ball to bounce on the floor after the wall

Throw and catch

You will need:

- ⇒ A wall
- ⇒ Stopwatch
- ⇒ A ball

What to do

- ⇒ Stand 1m from a wall in your garden (or house) If you don't have a wall you can just use the floor. Check with the adults in your household which walls you are allowed to use before you try the challenge!
- ⇒ Collect a ball of some description.
- ⇒ Throw the ball against the wall (or floor) so that it bounces back for you to catch
- ⇒ If you drop the ball, just pick it up and keep going.
- ⇒ Keep going until the 30 seconds is up. You are recording how many times you catch the ball
- ⇒ Do the activity 3 times
- ⇒ Send your best score



Make it harder

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Make it easier

- ⇒ Use a bigger/slower ball
- ⇒ Take a further step back and allow the ball to bounce on the floor after the wall

Speed Skipping

You will need:

- ⇒ Skipping rope
- ⇒ Stopwatch

What to do

- ⇒ Make sure you have a skipping space where you won't hit anybody or anything
- ⇒ Stand with your feet together and the skipping rope behind you, hands in front ready
- ⇒ Skip continuously for 30 seconds, counting your jumps (it is easier if someone else counts for you)
- ⇒ The jump does not count if you land on the rope or are jumping one foot at a time
- ⇒ Complete the activity 3 times
- ⇒ Send in your best result

