



HOME CHALLENGE



#WEARETROJANS



HOME CHALLENGE

PRACTICE THE FOLLOWING SKILLS BEFORE BEING ASSESSED BY AN ADULT. MORE THAN ONE TICK CAN BE PLACED UNDER EACH ACTIVITY FOLLOWING ASSESSMENT.

WITH A PARTNER SKILLS & AGILITY

10 PASSES WITHOUT DROPPING BALL

MUST BE CONTINUOUS WITHOUR DROPPING

COMPLETED (TICK)

APPRENTICE

3m APART

.....

WARRIOR

5m APART

.....

TROJAN

7m APART

.....

CATCH A HIGH BALL THROWN IN AIR

BALL THROWN AT LEAST 10FT IN AIR

COMPLETED (TICK)

3 IN A ROW

.....

7 IN A ROW

.....

10 IN A ROW

.....

SIDE STEP TO BEAT YOUR PARTNER

RUNNING START DON'T STOP

COMPLETED (TICK)

TO THE LEFT x3

.....

TO THE RIGHT x3

.....

LEFT & RIGHT x6

.....

FIRST TO STEAL BALL WHEN 'BALL' IS SHOUTED

FACING PARTNER 2M AWAY, COMMANDS FROM 3RD PERSON

SAYING WHERE TO PUT HANDS I.E. HEAD,

KNEES, FEET, BALL!

COMPLETED (TICK)

3 IN A ROW

.....

7 IN A ROW

.....

10 IN A ROW

.....



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INDEPENDENT SKILLS & STRENGTH

PRESS UPS

CHEST TO TOUCH FIST PLACED ON FLOOR BELOW CHEST

COMPLETED (TICK)

APPRENTICE

4

.....

WARRIOR

8

.....

TROJAN

12

.....

BALL ROUND WAIST WITHOUT DROPPING

STOOD STILL, AT ANY SPEED, JUST DON'T DROP IT

COMPLETED (TICK)

CLOCKWISE x3

.....

ANTI-CLOCKWISE x3

.....

ALTERNATE x6

.....

FIGURE OF 8 WITHOUT DROPPING BALL

LEGS WIDE, AROUND LEFT LEG, THEN RIGHT LEG, REPEAT

COMPLETED (TICK)

CLOCKWISE x3

.....

ANTI-CLOCKWISE x3

.....

ALTERNATE x6

.....

ROLL DOWN BACK FROM NECK & CATCH

MOVE HANDS QUICKLY TO CATCH BEHIND ON LOWER BACK

COMPLETED (TICK)

1x

.....

2x

.....

3x

.....



HOME CHALLENGE



REMEMBER!

ALL ACTIVITIES MUST BE COMPLETED TO ACHIEVE EITHER APPRENTICE, WARRIOR OR TROJAN! IF YOU FIND AN EXERCISE DIFFICULT, ASK FOR HELP & PRACTICE, PRACTICE, PRACTICE!

DON'T FORGET TO FIND US ON FACEBOOK - LIKE OUR PAGE AND UPLOAD A VIDEO OR PHOTOS OF YOUR CHILD COMPLETING THEIR HOME CHALLENGE! WE WILL PRESENT CERTIFICATES ON NOVEMBER 5TH!

MOST IMPORTANTLY OF ALL -

HAVE FUN!!!

CHRIS.